

M:28
Discipleship PTO



Acknowledgements

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We are also profoundly grateful to individuals and ministries such as David Watson (City Teams) and David Garrison, all of whom have labored for many years to develop relevant church-planting models and multiplication strategies. These resources have helped inform and refine the development of ISI's M:28 program.

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Foreword

Dear Colleague in Christ,

Our partnership in fulfilling the Great Commission of Jesus Christ is both a high honor and a sober responsibility. Two thousand years after Jesus left this earth it remains a significant challenge for the Church—with an estimated five billion people yet unreached. How will the Church complete the task? How will WE invest in God’s global redemptive agenda?

As the cause of missions continues to experience dramatic shifts and growing repression around the world, the Church is looking for disciple-multiplying strategies that are both fluid and relevant. International students, effectively reached and equipped for disciple-making ministry, represent a strategic force in the world for helping to fulfill the Great Commission.

M:28 Global Discipleship Initiative is a relevant and reproducible strategy designed to identify international students who are spiritual seekers, guide them in truth discovery, lead them to Christ, and equip them to be disciple-makers in their spheres of impact. Students who engage in the M:28 process experience authentic biblical community and are imprinted from the very first day with the DNA of spiritual multiplication.

Implementation and refinement of the M:28 model over the past several years is beginning to yield exponential results. Our deep desire is that the M:28 initiative would be used by God to help spark a movement among international students around the world that would result in an army of students won to Jesus Christ, and launched into the marketplaces of society as God’s Kingdom agents.

Thank you for joining us in this strategic venture!



Dr. Doug Shaw
President/CEO
International Students, Inc.

M:28 Discipleship – Passing Truths On (PTO)

Training Introduction – Instructions for Trainer

Introduction

“You have heard me teach things that have been confirmed by many reliable witnesses. Now teach these truths to other trustworthy people who will be able to pass them on to others,” 2 Timothy 2:2.

The Apostle Paul crystallizes for us the way that God wants us to “make disciples of all nations.” We are called to train others to train others. We are called to make disciples who make disciples. In M:28 Discipleship ministry it is essential to develop this mindset from the very start. The M:28 Discipleship, Passing Truths On system exists so that every new follower of Jesus can embrace this conviction and has the knowledge, habits, tools and confidence to live this way, in Christ by faith.

General Philosophy

The purpose of M:28 Discipleship – Passing Truths On (PTO) training for international students is to imprint the DNA of believers who have a deep love for God and express that love and their faith through obedience and through sharing God’s involvement in their lives. Scripture and prayer are central to the training but we also use physical motions, role play, repetitive games, etc. to burn the concepts in the hearts and minds of the students. Further, as the lessons become imprinted in the minds of students, it becomes easier for them to recall it in order to share with others they are discipling. Thus, we are training trainers.

When do we do this, how often, and how long and with whom?

It is best to begin this process as soon as possible with **newly believing students**. Further if a **student who is already a believer** joins your group, you should work them through this material as well. This verifies the different students’ walk with God and ensures all students agree as to the values and vision of this ministry.

If you have volunteers and potential coaches who could eventually lead an M:28 Discipleship group, allow them to be part of the process, but be careful to keep their numbers small. Still, there is no better way to learn how to lead a group like this than doing it.

Remember this maxim...

If you meet a non-believing person of peace,

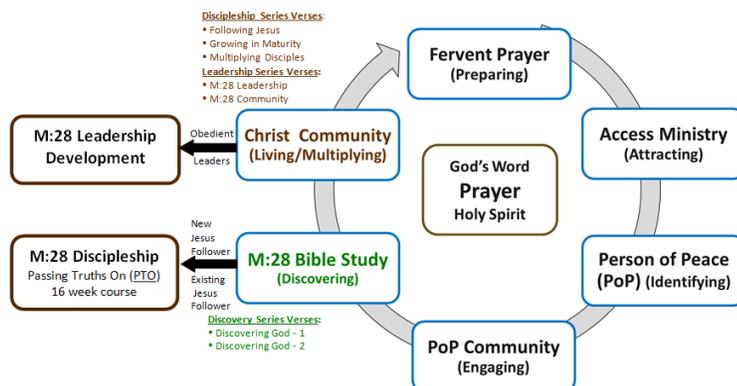
Start a “Discovering God” M:28 Bible Study with them with a goal of their starting an M:28 Bible Study with their own friends or family.

If you meet a believing student,

Train them with M:28 Discipleship and help them start a “Discovering God” M:28 Bible Study.

M:28 Discipleship (PTO) is part of a ministry cycle where first, people of peace are found through access-type ministries. Second, people of peace help start “Discovering God” M:28 Bible Study groups where they and their community can discover God. Once some in the groups become believers, or new students who are already believers reveal themselves, then M:28

M:28 Ministry Cycle



Discipleship groups are started to disciple these followers of Jesus rapidly. While in the M:28 Discipleship group, ideally they continue to be a part of their original M:28 Bible Study groups.

It is best to do this as a group as the resulting accountability and encouragement will help make the lessons more effective. Circumstances may dictate the need for other formats.

It is designed to be done weekly but there have been examples where it has been done every other week (the “do” and “share” part of the homework are split). In an emergency situation, it may be done in an every-other-day format.

Schedule at least 1 ½–2 hours for each session. There are three sections to each lesson, each needing approximately 1/3 of the time. EACH section is important. Make it a goal to do all the sections of the lesson even if you have to shorten the individual parts. The “sharing and testimony of obedience” and “practice” sections are the most critical for students moving on to develop replicating small groups. The “Homework/Commissioning” is essential to ensure students “do” what they learn.

Advice on How to Shorten a Lesson if Necessary

In general, students will figure out how to make time for things they really want to be a part of. Many “busy” undergraduate and master’s level students weekly share about the “latest” movie they saw. Still, Students today are pushed as hard as they ever have been. For example, the pressure of the need to produce results have forced professors to push their PhD students to work at such levels that they have little time to sleep let alone take 1 ½–2 hours for an M:28 Discipleship session in addition to other spiritual events. Recognizing that, here are some suggestions on how to modify the lessons to make them shorter if necessary:

Students don’t have enough time to do the home work. If students are struggling with doing the homework, one way to reduce the load is to cut back on the three-column studies. Presumably, they are already meeting daily with God through reading scripture, journaling and praying. Focus on the assignments where the students are required to practice what they just learned. If they learned a skill, focus on assignments where they practice the skill in the real world. If they learned a concept, focus on assignments where they “obey” the concept and share it with others.

Students can’t meet for 1 ½– 2 hours on a given week. One possibility is to cut the lesson in two and meet twice that week for 45–60 minutes. Another possibility is to split the lesson in two and learn it over the course of two weeks rather than one. During the first meeting hour, do the “Sharing and Accountability” part and the first half of the “New Material” part of the lesson. For homework during the week they can look for people to share with and complete the three-column studies on their own. In the second hour, again do the “Sharing and Accountability” part, the second half of the “New Material” part and the “Practice” part. They can complete the rest of the homework during the week.

The Skype/MSN Messenger Lesson

While it is best to meet in person, it is also important to prepare the student to learn how to be coached from a distance. Purposely choose not to meet in person at least once. Instead arrange for the group to meet on “Skype” (or MSN messenger, QQ voice, WebEx, etc.). With Skype Premium, each person can use a webcam so they can see each other.¹

The Notebook

On the day of the first lesson, give each member of the group a notepad and pen which they will use to 1) take notes from the lessons, 2) take notes on their personal Bible study 3) keep a prayer journal and 4) store their handouts. Have them write a big “M:28 Discipleship” and their name on the pad and tell them it is only to be used for M:28 Discipleship. Then tell them that they need to take notes and learn the material such that they could teach others each lesson on their own. Share that one of the goals of M:28 Discipleship

¹ For Skype, here is a link to a YouTube video on how to set up a voice conference call http://www.youtube.com/watch?v=MIYN_R2YtaY and here is a link to one on how to set up a video conference <http://www.youtube.com/watch?v=wp2Y83mDSRY>.

(PTO) is “passing truths on,” so a goal is to share what they learn as soon as possible so others can do the same. One suggestion would be to give them a spiral bound notebook that has pockets to store handouts.

Lessons (Total of 16)

Individual

- Starter Lesson: First Things, Assurance of Salvation, and Good Habits (Lesson for New Believers or New Students Who are Already Believers)
- Lesson 1 – Overview: Introduction to the 1-2-7’s Discipleship Tool and Passing Truths On
- Lesson 2a – Making Disciples and Sharing Your Story (Part 1)
- Lesson 2b – People of Peace, Accessing and Sharing Your Story (Part 2)
- Lesson 3a – Introducing People to God and Loving Him in Community
- Lesson 3b – Introducing People to God and Learning to Love Him in Community (Body of Christ)
- Lesson 4 – Who is God? Why is He so Important?
- Lesson 5 – Who is God? What is His Relationship with His Followers?
- Lesson 6 – God is First, I am Second (God’s Authority and Our Purpose)
- Lesson 7 – The Authority of God’s Word
- Lesson 8 – Prayer
- Lesson 9 – Telling Jesus’ Story
- Lesson 10 – Repent, Believe and Follow
- Lesson 11 – Be Baptized, Remember Jesus (The Lord’s Table)
- Lesson 12 – Love One Another, Give
- Lesson 13 – Putting it all Together, The Ministry Cycle
- Lesson 14 – A Community of God (The DNA of a Healthy Church)

Order of Study

It is probably best to go through this material sequentially. The lessons are arranged in a general order of importance so that if a student has to leave the group prematurely they will have received the most critical information needed for following Christ on their own. **Lessons 3 and 9 can be done at different times in the sequence and even with people who are not part of the M:28 Discipleship group** because they encourage starting M:28 Bible Study groups and sharing the gospel with others.

Lesson 3 prepares students to start M:28 Bible Study groups when they meet friends who are interested in learning more about God and Jesus but are not ready to commit to Him. Lesson 9 trains students in the skill of sharing Jesus’ story and how a person can start to follow Him. This would be needed when a particular friend specifically asks about how to become a Christian.

Difficulties in the Group

Group Discipline – Homework – A large part of this curriculum is designed to be done in a group setting to spur accountability and leverage positive peer pressure. Studies have shown that groups learn better and faster together. They hold each other accountable and help each other reach their goals. The group is able to encourage their members to do things they normally wouldn’t do on their own. For example, when an M:28 Discipleship group member does not do their homework but everyone else has, either a) the person will make the effort to do the homework as well (desired response) or b) the person will leave the group because they are not ready or able to handle the commitment at this time. Those leaving the group may seem negative, but perhaps God has not prepared them to be a part of a group like this yet.

People leave because M:28 Discipleship (PTO) is too difficult right now or they are moving to another place. This may seem like a negative situation. Perhaps it is not. This may not be the time God wants them to go through this training. Maybe God plans on moving the person forward to a deeper commitment later as was the case of John Mark in the book of Acts. From the perspective of the purpose of the group, this situation is not bad either. Those who are not motivated (or perhaps called) to make a deep commitment to

obey are removed as distractions for others who are. When they do leave, don't question their salvation or their long-term calling. God is working in them and will bring to completion what He began.

When a student decides to leave the group or just "disappears," they will feel some level of shame and embarrassment. Go out of your way to encourage, love and accept them. Make an effort to call them and let them find closure in not coming. Give them freedom to say they "can't come any more because of ..." One of the reasons why M:28 Discipleship (PTO) training is done in parallel with regular Christ community or M:28 Bible Study groups is because it is "special" training. Remind the student that as a part of their regular M:28 Bible Study or Christ Community group, they will continue to grow in knowledge, obedience, fellowship, etc. Remind them that M:28 Discipleship groups are starting regularly so when things get better for them, they can always start with a new group. Further, this curriculum starts with the basics so even if they are only able to come to the first two lessons they will have all that they need to get started walking in Christ but also make a difference back home. One option when people move away is to continue to meet with the existing group using online video conference tools like Skype, WebEx, etc.

Discovery versus teaching in an M:28 Discipleship group – While the favored way to teach is inductively in all M:28 Discipleship (e.g. in the M:28 Bible Study Groups, where the students discover what the Bible says), you will find the questions in the M:28 Discipleship lessons to be more directed. There may be times you will have to teach deductively in these lessons. In general, too much deductive teaching slows down multiplication because, you make yourself out to be the expert, and students feel uncomfortable sharing with others because they are not as skilled as you. On the other hand, one of the reasons M:28 Discipleship (PTO) was developed was because there is so little time with students (often months rather than years) that there aren't enough weeks to go over all the "essentials" with students using the standard M:28 Bible Study groups. So in conclusion, while discovery is preferred in M:28 Discipleship (PTO) some deductive teaching is acceptable.

Dominant, verbose, "learned" people in the group – One of the greatest difficulties is when you have a person who likes to go off on tangents or likes to share everything they know about everything, especially about God and the Bible. This takes away other participants' ability to learn and discover God and His truth. Respond to this person as you would in an M:28 Bible Study group, keeping them focused on what you are studying. Also, talk to them afterward and help them to understand the purpose and values of the group and how they can help others "discover" what God has for them by allowing them to share their thoughts as well.

Hard to get together at the same time – This is a difficult problem, especially when starting a group and when re-starting after a semester break. It might be necessary to start multiple smaller groups rather than trying to make all the schedules work. Other options include meeting late in the evening, early in the day, at lunch time in a shorter format, or perhaps even online.

After the M:28 Discipleship (PTO)

After a student has completed the M:28 Discipleship (PTO) sessions, it is vital that you "commission" them. One way to do this is to pray for them and then send them off with the vision of looking for People of Peace, starting and coaching M:28 Bible Studies and training others to lead M:28 Discipleship groups. Give them a copy of the full M:28 Discipleship (PTO) curriculum that they can use with the next group of believers. Also give them the link and password for the library of M:28 materials that they can download.

Please maintain an ongoing coaching relationship with them. As the M:28 Discipleship students show faithfulness, put them in coaching communities where other faithful people who are doing M:28 Discipleship and M:28 Bible Studies meet together in person or online (e.g. Skype) to be coached, to pray together and encourage each other.

After a time of faithfulness in doing what they have learned, and after an M:28 Bible Study and/or M:28 Discipleship group has been started by the student, they can join a "next level leadership" M:28 Discipleship group that focuses on coaching. After faithfulness at this level, they can join an M:28 Discipleship training group focused on coaching coaches.

M:28 Discipleship – Passing Truths On (PTO) – Index

Each lesson takes approximately 1.5 to 2 hours and is broken down by thirds. The Starter Lesson is better done with individuals. The rest are best done with a small group.

1/3 Sharing and Accountability
1/3 New Material
1/3 Practice
Homework assigned for the next lesson.

Review the 1-2-7's every week with students.

#	Lesson Name	Goal	New Material	Supplemental Information
Starter	First Things – Assurance of Salvation and Good Habits – Lesson for New Believers or New Students who are Believers (go through with individuals)	Verify that each student has indeed made a commitment to follow Jesus and trust Him as his or her Savior and Lord and introduce each to the habits involved with following Jesus.	Romans 6:23 For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. Basic habits to practice when following Jesus.	Appendix S1: Special Assurance of Salvation “One Verse Bridge” (Different than Appendix 9a)
1	Overview – Introduction to the 1-2-7's Discipleship Tool and Passing Truths On	Introduce students to the basics of following God which will be discussed in future lessons. This sets the framework that we will fill-in in the future.	2 Timothy 2:2 – Passing Truths On (PTO) Discipleship Overview – Go over 1-2-7's with hand motions.	Appendix 1a: Discipleship Tool Hand Signals Diagram Video - http://vimeo.com/15547585
2a	Making Disciples and Sharing Your Story – Part 1	Students will learn about God's desire for them to make disciples and they will learn how to share their story. Once students receive a positive response, they will learn how to turn that into a spiritual conversation, ideally resulting in an M:28 Bible study.	Address three questions (Why? Whom? How?) in terms of sharing about Jesus with others. Do abbrev. M:28 Study of Matthew 28:16-20, Introduce different types of “your story.” Instruction on writing your 3-4 minute salvation story. Start list of whom to share with (family, friends, co-workers, others.)	Appendix 2a: Testimony Example of Paul – Acts 26:2-24 <ul style="list-style-type: none"> • Before Jesus • How I trusted Jesus • Since Jesus
2b	People of Peace, Access and Sharing Your Story – Part 2	Students will be introduced to the concept of people of peace and the concept of sowing broadly through an access type of ministry to find the people of peace. They will learn how their story is a “sensor” in finding people of peace.	Practice sharing their salvation story in 3 – 4 minutes. Lead directed M:28 Study of Luke 10:1-20. Introduce SPECK.	Appendix 2b: The Fivefold Plan for Prayer Evangelism Appendix 3a.2 (Lesson 3a): M:28 Bible Study Facilitator's Guide
3a	Introducing People to God and Loving Him in Community	To teach students how to start and facilitate M:28 Bible Study groups.	Do abbrev. M:28 Bible Study of Hebrews 10:23-25. Review Matthew 28:16-18. Introduce M:28 Bible Study Facilitator's Guide and how to begin an M:28 Bible Study with others. CRITICAL – do an M:28 Bible Study of Matthew 16:13-21. Pass out the Appendix 3a.1 and 3a.3.	Appendix 3a.1: Preparing for an M:28 Bible Study (Includes 3-Column Study) Appendix 3a.2: M:28 Bible Study Facilitator's Guide Appendix 3a.3: Anatomy of an M:28 Bible Study (for reference to share DNA elements)
3b	Introducing People to God and Learning to Love Him in Community (Body of Christ)	To teach students how to start an M:28 Bible Study group	Do abbrev. M:28 Bible Study of Acts 2:42-47 with group. Choose one student to lead the rest of the group in a FULL M:28 Bible Study of 1 Cor. 12:12-30.	
4	Who is God? Why is He so Important?	Understand that God is unique and unlike anything else in the world. He is One God, yet three distinct persons and each person is fully God. God is creator, sustainer, redeemer and uniquely worthy of praise.	Do abbrev. M:28 Bible Studies with group of Deuteronomy 6:4-5, Colossians 1:15-20, Psalms 139:1-8 and 1 Corinthians 2:10-16.	
5	Who is God? What is His Relationship with His Followers?	Students will see from Scripture their special value to God and the benefits of their relationship with Him.	Do M:28 Bible Studies with group of Ephesians 1:3-14 and John 10:25-30.	
6	God is First, I am Second - God's Authority and Our Purpose	Students will seek to obey God because He is first in their lives.	Do M:28 Bible Studies with group of Mark 12:28-34 and John 14:15-27 – The Greatest Command and the Motivation for Obedience. Review Matthew 28:16-20 – One Essential Purpose, Read Philippians 2:1-11.	
7	The Authority of God's Word	Students will understand the Bible is the most reliable source of authority in their lives because it is God's	Authority: Do Abbrev. M:28 Bible Studies with group of Psalms 1:1-3, 2 Peter 1:19-21 and	Appendix 7a – Discipleship Journal Bible

		Word.	2 Timothy 3:14-17. Three Methods of Personal Bible Study: Fast Survey Reading, Deep study, Memorizing Scripture (Daily quiet time with God 20/20/20 or 10/10/10)	Reading Plan (Year) Appendix 7b – Deep Study Resources
8	Prayer	Students will gain an appreciation for the importance of prayer in their relationship with God and how He works in the world. It gives them practical examples of how to pray and during the lesson they actually pray. Students will learn that prayer demonstrates our utter dependence and need for intimacy with God.	Do M:28 Bible Study of Matthew 6:5-13 – The Lord’s Prayer. Abbrev. M:28 Bible Studies of John 14:12-14, John 15:5-8, Philipians 4:4-7. Answers for prayer: Yes, No, Wait. Pray always – 1 Thessalonians 5:16-18	Appendix 8a – The ACTS Prayer
9	Telling Jesus’ Story	From this lesson the student will gain the skills, confidence and knowledge to answer the question, “How do I start to follow Christ?”	Two ways to help someone discover God and follow Jesus: <ul style="list-style-type: none"> • Start an M:28 Bible Study (Lesson 3) • Share Jesus’ Story by Presenting the One Verse Bridge 	Appendix 9a – One Verse Bridge – How to Share Christ’s Love Conversationally and Visually (Different than Appendix S1)
10	Repent, Believe and Follow	The student will comprehend and embrace what it means to repent, believe and follow Jesus.	Repent, believe, follow – Abbrev. M:28 Bible Study of Mark 1:14-17. Cost of following Jesus – Abbrev. M:28 Bible Study of Luke 9:57-62. Trust/Lean exercise.	Appendix 10a – Trust/Lean Instructions
11	Be Baptized, Remember Jesus (Lord’s Table)	To help student understand the importance of obeying the commands of Jesus (ordinances)	Be baptized: Review Matthew 28:18-20. Abbrev. M:28 Bible Studies of Acts 8:9-13, Romans 6:1-7, Acts 8:26-38. Remember Jesus: Communion/Lord’s Table - Abbrev. M:28 Bible Studies of Luke 22:14-23, 1 Corinthians 11:23-33	
12	Love One Another, Give	The student will understand and apply God’s command to love one another. The student will also develop a lifestyle of giving toward the needs of others and to the work of God.	Love one another: Abbrev. M:28 Bible Studies of Luke 10:25-37, John 15:9-17. Give: Abbrev. M:28 Bible Studies of Acts 20:32-35, Acts 4:32-37, 2 Corinthians 9:6-11, 1 John 3:17-18, 1 Corinthians 9:13-14.	
13	Putting it all Together: The Ministry Cycle	The student will understand the M:28 ministry cycle from prayer to Christ community groups.	Describe the M28 Ministry Cycle: Prayer/Holy Spirit; Access; Finding a Person of Peace; M:28 Bible Study; M:28 Discipleship (Passing Truths On), Developing a Christ Community	Appendix 13a – Parable of the Elephant and the Rabbit Appendix 13b – M:28 Ministry Cycle
14	A Community of God: The DNA of a Healthy Church	The student will develop a clear sense of what a biblical church should look like. They will learn the values and DNA which should be included if they are called to plant rabbit churches / Christ Community Groups.	Developing “Rabbit” Christ Communities: <ul style="list-style-type: none"> • Five Purposes • Four Marks of Maturity • Three Offices • Two Sources of Authority • One Holy Essence for All Believers Key elements of a rabbit church planter	Appendix 14a – Potential Script for Teaching 5-4-3-2-1’s Appendix 14b – Values Found in a Rabbit Church – POUCH ²

1,2,7 Hand Motions

1 Holy Purpose – God’s Kingdom

2 Authorities –

1. God’s Holy Word, the Bible
2. God is First and I am second

7 Commands of Jesus:

1. Repent and Believe
2. Be Baptize
3. Pray
4. Love God, Love One Another
5. Make Disciples
6. Lord’s Table
7. Give

SPECK

S – sin to confess

P – promise to claim

E – example to follow

C – command to obey

K – knowledge to gain

ACTS

Adoration – Psalms 63:3

Confession – I John 1:8-9

Thanksgiving – I Thessalonians 5:18

Supplication – Philippians 4:5-6

MAWL

M – Model

A – Assist

W – Watch

L – Leave

POUCH (Values Found in a Rabbit Church)

Participative

Obedience

Unpaid

Cell church

Homes

5 Purposes of Church

1. Worship
2. Fellowship
3. Ministry/Service
4. Discipleship
5. Evangelism/Missions

4 Marks of Maturity

1. Self-Governing
2. Self-Supporting
3. Self-Propagating
4. Self-Correcting/Feeding

Starter Lesson – First Things

Assurance of Salvation and Good Habits (Lesson for New Believers or New Students who are already Believers)

Goal: Verify that each student has indeed made a commitment to follow Jesus and trust Him as their Savior and Lord and introduce them to the habits involved with following Jesus.

- Sharing Time (25% of time)
 - Ask the students, “What are you thankful for? What difficulties and stresses have you faced this week?” Pray about these things as a group.
 - Have the students share some things that have happened in their life since they started following Jesus.
- New Material (50% of time)
 - Go over the “Assurance of Salvation” presentation with students as **shown in Appendix S1** using a sheet of paper and making it as interactive as possible.
 - Confirm where each student is on the diagram.
 - If they don’t already know Jesus, ask them what is keeping them from making that decision and then challenge them to move forward.
 - Make sure they understand the possible implications back home if they believe.
 - Baptism
 - Throughout scripture, it seems that whenever people decide to follow Jesus and trust Him as their savior, they get baptized almost immediately. They do this as their first act of obedience. Baptism is the public display of the faith the person already has inside. We encourage students to get baptized as soon as possible perhaps through a local church they have been a part of or through your ISI group.
 - Personal time with God
 - Reading your Bible
 - Give students a Bible, if they don’t already have one.
 - Tell them the importance of reading it every day.
 - Encourage them to read the book of John for 10 minutes a day.
 - Encourage them to write one thing they learned every day and something they will do differently because of what they learned.
 - Prayer
 - Tell students that prayer is talking to God and listening to God.
 - Encourage students to write down what they are thankful for and problems they are facing. Share the format to the right. Illustrate how to pray for these things.
 - Daily – Start with 5/5/5: 5 minutes of reading, 5 minutes to journal, 5 minutes to pray and move towards 10/10/10, 20/20/20, etc.
 - Hard Times
 - God promises that obedient followers of Jesus will have hard times on this earth, but God will walk with them through the trials and there will be great reward and joy in the world to come.
 - Share a SHORT story from yours or other’s experience about how following Jesus was difficult. If you can’t think of one, you can perhaps share about the Apostle Paul’s life and his resolve and peace in spite of difficulties.
 - Community
 - Find a group of people to discover and enjoy God together (M:28 Bible Study group, church, etc.) God never meant for us to walk with Him alone.

Prayer Journal Entry

Date: _____

Thankful:

Prayer Request: (problem)

God’s Answer:

- Sharing What God is Doing in Your Life
 - Explain:
 - Jesus tells us we should share the things God is showing us with others.
 - The best people to share with are friends, family and people around us.
 - What should you share? Share your story. Share with others things God is teaching you or things He did in your life.
- Practice time (25% of time)
 - Sharing What God is Doing in Your Life
 - Have students write down the names of three people with whom they can share something which God is doing in their lives.
 - Have students practice with you sharing a story of something God is doing in their lives or teaching them.
 - Prayer
 - Have students share one problem they are facing and one thing they are thankful for. Have them write these things down in journal form.
 - Teacher models prayer, then have the students pray.
 - Bible Study
 - Read Ephesians 2:8-10
 - Have students write down: things they see in the passage, what it teaches us and what they will do differently because of what it said.
 - Community
 - Discuss where students might go for church or for a Jesus-follower community. Get a commitment, if possible, for this week.
- Homework for Next Time –
 - Have the students share with at least three people a story of something God is doing in their lives. They should be ready to share what happened at the next meeting.
 - Have students do 5/5/5 – 5 minutes of reading, 5 minutes to journal, 5 minutes to pray as often as possible this week.
 - Direct them to read from the book of John and journal what they learned and what they did or will do differently.
 - Have them write at least three prayer journal entries this week.
 - Tell students to visit a group of followers of Jesus (M:28 Bible Study, church, etc.) to discover and enjoy God together and write down three observations about your experience.

Additional Resources:

One-Verse Evangelism, © 2000 Randy D. Raysbrook. Dawson Media, a ministry of The Navigators. You may also [order this booklet from NavPress](#), or call (800) 366-7788.

Lesson 1 – Overview, Introduction to the 1-2-7's Discipleship Tool and Passing Truths On

Goal: Introduce students to the basics of following God which will be discussed in future lessons. This sets the framework that we will fill-in in the future.

Important note to the teacher: To learn the 1-2-7's Discipleship Tool Hand Motions yourself, go to Appendix 1a or look at the video at <http://vimeo.com/15547585>.

- Sharing and Accountability (33% of time)
 - Ask the students, “What are you thankful for? What difficulties and stresses have you faced this week?” Pray about these things as a group.
 - Ask the students, “Have you seen God do something, or has He taught you something this week? If so, what?”
 - Review the homework. Ask the students...
 - “How did it go when you shared what God is doing in your life?”
 - “What was your experience doing 5/5/5?”
 - To share one journal entry...
 - To share an observation and question from their study of John
 - To share three observations from visiting an M:28 Bible Study or church.
- New Material (33% of time)
 - Introduce the students to 2 Timothy 2:2 as the theme for an M:28 Discipleship (M:28 Discipleship) Passing Truths On (PTO) group like this one—We are to take whatever we learn and share it with others... right away...

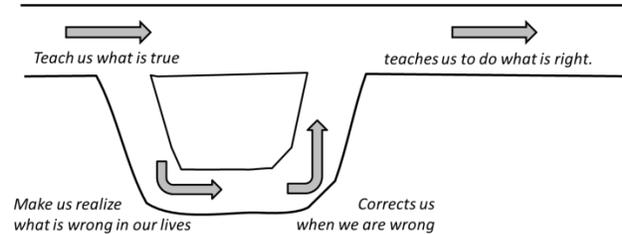
“You have heard me teach things that have been confirmed by many reliable witnesses. Now teach these truths to other trustworthy people who will be able to pass them on to others,”
2 Timothy 2:2.
 - Remind the students that it is very important that they write down everything they hear so they can share exactly what they learn with someone else.
 - Describe the discipleship overview as 1) the essence of our being, 2) our purpose and 3) what does it mean to follow Jesus?
 - Very, Very Important: Go over the 1-2-7's with hand motions. (See Appendix 1a and video at <http://vimeo.com/15547585> on how to do this.) Do it once first straight through and then have them do it with you the second time.
 - One Holy Purpose—God's kingdom
 - Two Authorities: 1) God's Holy Word, the Bible, 2) God is first and I am second
 - 7 Commands of Jesus – Repent/Believe, Be baptized, Pray, Love God/Love one another, Make disciples, Lord's Table/Remember Jesus, Give
 - Help the students write down each word from the 1-2-7's in their notebook. **Share with them the Vimeo URL too.**
 - Step by step explain the 1-2-7's discipleship tool hand motions (see Appendix 1a)
 - There is one Holy purpose for all believers, God's Kingdom. (Point *one finger up...*)—This is why God keeps us on earth... what we were made for... It is the basis of unity even in diversity.
 - **Two authorities -**
 1. **God's Holy Word, the Bible** –2 Timothy 3:16
 - Have students read 2 Timothy 3:16 – Point out...

¹⁶All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.
 - All Scripture is God breathed. (comes as if directly from God's mouth)

- It is useful for teaching what is true, helping us to realize what is wrong in our lives, corrects us when we are wrong and teaches us to do what is right. *Instructor draws the diagram below to illustrate.*
- The end product is walking faithfully with God.

2 Timothy 3:16

All Scripture is inspired by God and is useful to...



- Two types of study: 1) Reading large chunks for breadth and context, 2) Studying shorter passages for depth.

2. God is first and I am second – God (Father – Jesus Christ - Holy Spirit) – Before, we had first authority in our lives. Our will, wants and needs were always first. Now, He has first authority over our lives and we submit to Him and His people and His purposes. We can trust Him to guide us in the best possible way. So, we are no longer first, but second.

- 7 Commands of Jesus – Have students do the *hand motions* as you go.
 1. **Repent-Believe** – Assurance
 2. **Be Baptized** – This is a command of Jesus and generally believers in the Bible did it immediately as a sign of their faith and the first gesture of obedience. You should do this fairly soon, if you have not already. (There are times when it is appropriate to wait, especially in the context of Asia) If you wish to be baptized, consult your pastor or local ISI staff person.
 3. **Pray** – Time to hear and talk with God. (Pray for people to share with, others, self and family)
 4. **Love God/Love One Another** – Believers and Non-believers
 5. **Make Disciples** – Tell others about Jesus, share what a believer should be/do, be a spiritual guide toward maturity in Christ.
 6. **Lord's Table/Remembering Jesus** – This is a command of Jesus. Reminds the community of believers of Jesus.
 7. **Give** – to the church and other aspects of the Lord's work. Can be money, talents, time, etc.
 - Ask if the students have any questions or comments.
- Practice time (33% of time)
 - Go over purpose of practice time: to practice skills that students studied and rehearse sharing with others what they have learned. Remind them they are always expected to share what they learn with others. They have a responsibility to “pass truths on.”
 - Go over the 1-2-7's (1 Holy purpose – 2 Authorities – 7 Commands of Jesus – *Hand motions*) together, and then have each person do it individually, then go into pairs and have them practice with each other.
 - Have students explain the concepts behind the 1-2-7's to their partner.
 - Watch the students as they explain the concepts with someone else... correct as necessary.
 - Have students write in their notebooks three people with whom they could share the 1-2-7's.
- Homework for next time
 - Direct students to learn the 1-2-7's because they will demonstrate them in front of this group next time and be ready to explain each part.
 - Challenge: Tell students to share with 3 people the 1-2-7's including what they mean.

Lesson 2a – Making Disciples and Sharing Your Story (Part 1)

Goal: The students will learn about God’s desire for them to make disciples, and they will learn how to share their story. Once the student receives a positive response, the student will learn how to turn that into a spiritual conversation, ideally resulting in an M:28 Bible study.

- Sharing and Accountability (33% of time)
 - Ask the students, “What are you thankful for? What difficulties and stresses have you faced this week?” Pray about these things as a group.
 - Ask the students, “Have you seen God do something or has He taught you something this week? If so, what?”
 - Ask, “Did you do anything differently since our last meeting because of your relationship with God? Are there examples this week where you were obedient to the 7 commands?” If so, have them share stories.
 - Have students discuss an experience with one of the three people with whom they may have shared last week’s lesson (the 1-2-7’s).
 - Ask, “What was it like? How did they respond?”
 - If any student did not do it, have them try it again next week.
 - Remind students that it is important to share what they are learning.
 - Do the 1-2-7’s together as a group with hand motions.
 - Ask each person to do the 1-2-7’s individually. If you have a big group, break them up into pairs and have them show their partner the 1-2-7’s.
 - Let the group know that today’s new material is about making disciples.
- New Material (33% of time)
 - We will explore three questions, “WHY? WHOM? and HOW?” in terms of discipling people to become followers of Jesus.
 - Tell the students, “Remember to take careful notes so you can teach others the things you learn today. If we need to slow down, let me know.”
 - “WHY?” *Many people don’t tell people how to follow Jesus because they don’t know why they should.* – Exploring Matthew 28:16-20 – Sharing the vision
 - Have the students do a short M:28 Bible study on Matthew 28:16-20 in the following way:
 1. Have them read the passage,
 2. Have them say it in their own words,
 3. Ask, “What does it tell us about God? What does it tell us about man? What does it tell us about what God wants? How?”
 - Some key points to tease out...
 - Jesus is Supreme Commander. Jesus has ALL authority and promises His presence. So there is no reason to fear. God is in authority over the situation.
 - Disciples still obeyed even when they doubted.
 - The final supreme command from the supreme commander is that we should continually GO, and make Disciples!
 - Go make disciples of EVERYONE (all nations)!
 - Make disciples – 2 parts
 - Evangelize and baptize
 - Teach them to OBEY what Jesus commands
 - Review: So WHY should we tell people how to follow Jesus? Jesus commands us to do so.
 - “WHOM?” *Many people don’t tell others how to follow Jesus because they don’t know with whom they should share.* Here are some answers from the Bible:
 - Family and friends and people God puts in your path.

- **Have students think of 3-4 people and have them write their names in their notebooks.** Remind them of the broad categories (e.g. immediate family, extended family, classmates, former classmates, former co-workers, teachers, store clerks, waiters at favorite restaurant, etc.)
- Review:
 - So to WHOM should we tell how to follow Jesus?
 - So WHY should we tell people how to follow Jesus?
- “HOW?” So HOW should we start to tell people how to follow Jesus? Many people don’t tell people how to follow Jesus because they don’t know HOW to start.
 - “Tell them your story and if they respond positively, help them to discover God and Jesus.”
 - **Tell them your story:** about Jesus’ effect on your life...
 - Find ways to meet many people with whom to share your story, especially all the people in your answer to “WHOM.”
 - You can “test” to see if God is already working in their hearts by sharing your story and...
 - **If they respond negatively or apathetically... move on,** they aren’t ready.
 - **If they respond positively** you can take the **next step; help them to discover God and Jesus.** This is done in two ways.
 - What do I say if they show interest in discovering God and Jesus but are not interested in following Him right away? They are just exploring.
 - Encourage them to start an M:28 Discovering God Bible Study. We will share how to do this very soon in a future lesson.
 - What do I do if they say “Yes, I am ready to follow Jesus right now?”
 - If they want to be a follower of Jesus right away, **Tell God’s Story** – We will share this in a future lesson, but you also saw this in the Intro M:28 Discipleship PTO lesson which had the one verse bridge.
 - So in terms of HOW, today, we will look at how to “Tell your story.”
 - What do I say when I tell my story?
 - **Tell them your story** – There are two types:
 - **One type:** The testimony about the journey in which God led you to follow Jesus.
 - This is what we will work on in this group today
 - Main format for this type:
 - What was your life like before you trusted God and followed Jesus?
 - How did you trust God and follow Jesus? Share the process and what you learned each step of the way.
 - What is your life like since you decided to trust God and follow Jesus?
 - Format: “Life before Jesus, how I trusted Jesus, after I trusted Jesus.” – Have the group say these three things and then repeat it.
 - **Second type:** A testimony about how you experienced God.
 - Share a problem or experience (situation or wrong thinking) you had;
 - share how God affected the problem or experience and what changed in you;
 - share the victory story after God acted.
 - Note for both types: You can choose to say the whole story or just part of the story based on what prompted the discussion with the person with whom you are talking.
 - The story needs to be 3-4 minutes in length with as few religious words as possible. If you use them, define them.
 - If it is longer – The person will get bored or they will have no chance to respond.
 - If it is shorter – There is not enough material to see God work.

- Some examples of religious words to avoid or define: salvation, saved, redeemed, sin, justification, blood of the lamb, etc.
- This Bible verse shows a way to check if your testimony follows this format:

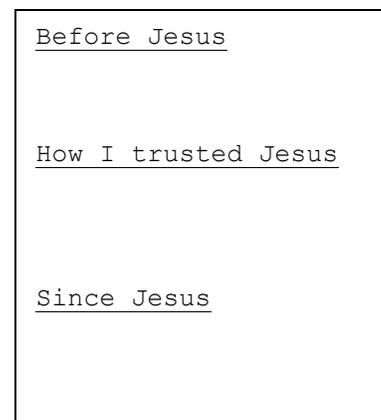
“This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun,” 2 Corinthians 5:17.

Read and summarize the points of 2 Corinthians 5:17 – They should see that 1) you are a new person 2) your old life is gone, and 3) your new life has begun. They need to hear the change! This is the measure of an effective testimony.

- It is best to write your testimony down the first time you do it. It is hard to make something short if you do not think through the words ahead of time.
- Review
 - So to WHOM should we tell how to follow Jesus?
 - So WHY should we tell people how to follow Jesus?
 - So HOW should we start to tell people how to follow Jesus?

- Practice Time (33% of time)

- Start process of students writing their testimony
 - We will begin the process of writing a salvation testimony.
 - Take a sheet of paper from your notebook and write the words, “Before Jesus”, “How I trusted Jesus”, and “Since Jesus” with space between each of these words. (See diagram)
 - Write a bullet point outline under each section. Be careful about “religious” lingo words like “saved” or “repented” or “born again” or even “sin.”
 - Use Appendix 2a to show an example of how all this looks in the life of the Apostle Paul.
 - Allow 10 minutes of writing, then tell the students, “Share with the group the bullet points you wrote.”



(Note to the coach) Make sure you hear a change in the student’s life. If there is no life change mentioned, you may need to explore their spiritual experience closer and possibly even share Jesus’ story with the person again.

- List of people to share their story with
 - Have the students turn to another blank sheet of paper
 - Tell them to begin a list of people who don’t already follow Jesus that they should share with. Remind them of broad categories (e.g. immediate family, extended family, classmates, former classmates, former co-workers, teachers, store clerks, waiters at favorite restaurant, etc.) Start with the list from the “new material” section.
 - Have them make a list of 20 people. Circle four people on this list.
 - **Important:** Have the students pray specifically for each of people they circled. Close by “commissioning” the students to “go” to reach out to the people on their list by praying over the group.

- Homework

- Write out your testimony word for word on paper and practice it so that you can share it in 3-4 minutes.
 - It will take two to three pages.
 - Remember the three parts: “Before Jesus,” “How I Trusted Jesus,” and “Since Jesus.”
 - Practice sharing your story five times... Practice it:
 - While looking at the ceiling
 - While looking at the wall
 - While looking in a mirror
 - Share it with two other people (2x)

- Tell the people it's an assignment. Ask for their thoughts on your presentation.
- Refine your story so you can say it naturally in 3-4 minutes and practice once a day. Next week, we will do a "recital" of your testimonies.
- Continue with the list until you have 50 people who are your family or friends who don't know Jesus... This is very important because in future lessons we will be referring to this list.
- Take the four from the list that you circled and pray for them daily. Pray for the opportunity to share your story with them.
- If the opportunity comes up to share your story with anyone, be prepared to share what happened with the group.

Lesson 2b – People of Peace, Access and Share Your Story (Part 2)

Goal: The student will be introduced to the concept of people of peace and the concept of sowing broadly through an access type of ministry to find the people of peace. They will learn how their story is a “sensor” in finding people of peace.

Note: Don't forget to print out the “M:28 Bible Study Group (Facilitator's guide),” and the “M:28 Bible Study Passages” pages (Appendix 3a-2) and the “Five Fold Plan for Prayer Evangelism” (Appendix 2b). You will be handing a copy to each M:28 Discipleship PTO group member at the end of the lesson.

- Sharing and Accountability (45% of time)
 - Ask the students, “What are you thankful for? What difficulties and stresses have you faced this week?” Pray about these things as a group.
 - Ask the students, “Have you seen God do something or has He taught you something this week? If so, what?”
 - Ask, “Did you pray for and share your story with people on your list? Discuss your experience. How did people respond?”
 - Have each member of the group share their three-minute testimony. If there are more than five people, have them break up into pairs.
- New Material (30% of time)
 - Review last week's lesson. Prompt the whole group with the following questions and have students answer:
 - So WHY should we tell people how to follow Jesus? “Jesus commands us.”
 - So to WHOM should we tell how to follow Jesus? “Friends and family; those we meet.”
 - So HOW should we start to tell people how to follow Jesus? “Tell your story and if they respond, help them to discover God and Jesus.”
 - Tell students, “Today we will look more deeply at HOW we start to tell people how to follow Jesus and learn why our story is so important in doing that.”
 - Remind them to take careful notes so they can teach others the things they learn today. Tell them to let you know if you need to slow down.
 - Lead an M:28 style Bible study on Luke 10: 1-12,16-20 by doing the following:
 1. Have the group read the passage once, a few verses at a time.
 2. Have one person read the passage a second time with Bibles closed by everyone except the reader.
 3. Ask for volunteers or take turns to summarize each paragraph.
 4. Discover questions: In this passage, what does Jesus tell the disciples to do? Make a list. What does He tell them not to do? Make another list. What stands out in this passage? What don't you like?
 5. According to this passage...
What are the characteristics of a person of peace? How do you find a person of peace? How do you know someone is a person of peace? What do you do once a person of peace is found? What characterizes “heal the sick” and telling them “the kingdom of God is near”; what is the main point of these things?
 6. Application: What does “going to where Jesus will go” look like today? What does saying “peace to this house” look like today? What is the “sensor” to identify a person of peace today? What does the “town” represent today? What does “heal the sick” and telling them “the kingdom of God is near” look like today? What do you need to do differently because of this passage? Remember: SPECK: S – Sin to confess, P – Promise to claim, E – Example to follow, C – Command to obey, K – Knowledge to gain.

Sharing your story is a way to “say peace.” You are sharing God's blessing with them. “Going to the towns” is talking to everyone you meet and to each “town” you are to “say peace”

purposefully. This is what we call “Access” ministry; it is what we do to gain access to people. It is “making noise for Jesus and leaving breadcrumbs” (clues) so that people who are interested in Jesus, and in whom God is already working, can identify themselves so we can introduce them to Him. Examples include the welcome events, our ICF groups, garage giveaways, etc. As you “access” people, you should “say peace” by sharing your story and then you should gauge their response. If they are positively inclined, go to the next step. If they are not and show no interest, then move on. Maintain your friendship, trusting that perhaps God will move them in the future to becoming a person of peace. God is in control. A tip to consider is that a “person of peace” may seem like someone less desirable and may not fit your image of an “influential” person but God often uses the weak to glorify himself.

- What do I say if they show interest in Jesus but are not interested in following Him yet?
 - Encourage them to do an M:28 Discovering God Bible Study together with you, and encourage them to share what they learned in a separate M:28 Bible study with their friends. We will discuss M:28 Bible studies in the next lesson.
 - If they are not ready to do an M:28 Bible Study but are open to a relationship with you, start informal discussion times with them and their friends with the intent of moving them towards an M:28 Bible Study.
- What do I do if they say “Yes, I am ready to know Jesus now?”
 - If they want to be a follower of Jesus right away, **tell God’s Story**. Later in this training we will teach you how to “Tell God’s Story.” If you feel someone is close to following Jesus, ask me to teach you how to “Tell God’s story” immediately.
- Practice Time (25% of time). Have them do practice role-plays, meeting people in Luke 10 situations (case studies):
 - “The person is a friend in your class. They shared with you how they struggle with the purpose for their lives. Share your story as it relates to this need, and then see if they are a person of peace based upon their response.”
 - “The person is a parent. They ask how you are doing in school. You share some of the things God is teaching you. Their response is halfhearted at best. What do you do? Role-play this situation.”
- Homework
 - Give students Appendix 2b handout – “The Fivefold Plan for Prayer Evangelism” (FPPE) and have them read it before next week. They will need it to do the homework for this week.
 - Have students refer to their list of 50 people who are their family or friends...
 - Tell them to choose an additional five from the list, pray for them as described in the FPPE and look for opportunities to share their story.
 - Tell them that we will check next week to see how it went so they should be ready to share.
 - Have students continue working on editing and refining their stories.
 - Pass out the “M:28 Bible Study Group (Facilitator’s guide),” and the “M:28 Bible Study Passages” (Appendix 3a-2) and ask the students to read these documents before next week.

Lesson 3a – Introducing People to God and Loving Him in Community

Goal: To teach students how to start and facilitate M:28 Bible Study groups.

Important Notes for Coach:

1. Parts of this lesson (learning how to lead an M:28 Bible Study group) can be done anywhere in the sequence. It can also be done with students not in an M:28 Discipleship PTO group if they are starting groups.
 2. This lesson should be done even if some group members have already started M:28 Bible Study groups. Recruit them to be involved with you in teaching this lesson.
 3. The first two appendices (3a.1 and 3a.2) are for the student. **Appendix 3a.3 should be given to students only in the context of an M:28 Discipleship PTO group.**
 4. Strongly encourage the students to become a part of a Christ community or church. It is an obedience issue.
 5. **Preparation: Read carefully through appendices 3a.1 through 3a-3. You will be teaching them. Print out enough copies of 3a.1 and 3a.2 for each student.**
- Sharing and Accountability (33% of time)
 - Ask the students, “What are you thankful for? What difficulties and stresses have you faced this week?” Pray about these things as a group.
 - Ask the students, “Have you seen God do something, or has He taught you something this week? If so, what?”
 - Have each student share about the **five** people for which they are praying. Ask, “Did you share your story? What happened? How did it go?”
 - Have the student share their edited story with the group.
 - Review the 1-2-7’s with hand motions. Say, “Today’s lesson continues talking about making disciples.”
 - New Material (33% of time)
 - Direct students to turn to Hebrews 10:23-25 and 1) Read the passage. 2) Read it again. 3) Say it in their own words. 4) Pose the following questions: What does it say about the importance of meeting together? What is the purpose of meeting together? Why should we meet together?
 - Review Matthew 28:16-18 and remind the students that we may be in situations where there are no churches or Christian small groups. In this case, we are called to start a small group by doing an M:28 Bible Study.
 - M:28 Bible Study – Go over Appendix 3a.2 (Facilitator Guide) with students. This is the most important thing to go over. Remind them to go over rules 1-5 every time a new person joins an M:28 Bible Study group.
 - M:28 Bible study – Go over Appendix 3a.3 (Anatomy of M:28 Bible Study Groups) without handing it out. The student can follow along while looking at Appendix 3a.2.
 - Let them know, **“When a member wants bring in a new friend or group of friends after the second or third meeting of an M:28 group, we tell them that the M:28 Bible Study Groups are closed groups. We then suggest, “Let’s start a new group together.”** At this point you should help them start a group. Let them know this is important because it creates more M:28 Bible Study groups. *It is important to work this way because if students miss the first few lessons, they may miss important elements in understanding who God is.* If time is an issue for them being in two groups, they can act as a coach to the new group and not necessarily go.
 - Quickly go over Appendix 3a.1 “Preparing for an M:28 Bible Study.”
 - Practice (33% of time) – VERY IMPORTANT FOR THIS LESSON
 - Coach, do an M:28 Bible Study with the group from Matthew 16:13-21. Abbreviate it by having only 1-2 people giving answers for each question.
 - Have the students post-process (critique) their experience.

- Homework
 - Have the students read Appendix 3a.1. Have the students **read and study** the “Facilitator’s Guide” which is Appendix 3a.2. *Remind them to bring the “Facilitator’s Guide” every time* (it fits in a Bible).
 - All the students should prepare to do an M:28 Bible Study on 1 Corinthians 12:12-30 as per the handbook. One of them will be chosen to facilitate it with only the “Facilitator’s Guide” and a Bible.
 - Share your story with five friends or family from your list. If they respond positively say, “You seem interested in Jesus (or things of God). Would you be interested in meeting together to discover more about God?” “Maybe some of your family or friends might be interested. We could do this with them also, or you and I can discover God together from the Bible, if you promise to do the same with a group of friends or family. Would you be interested in doing this?” If they say “yes,” start an M:28 Bible Study with them.

Lesson 3b – Introducing People to God and Learning to Love Him in Community (Body of Christ)

Goal: To teach students how to start an M:28 Bible Study group

Important Note: Do this lesson consecutively after Lesson 3a no matter where you do this in the overall sequence.

- Sharing and Accountability (33% of time)
 - Ask the students, “What are you thankful for? What difficulties and stresses have you faced this week?” Pray about these things as a group.
 - Ask the students, “Have you seen God do something, or has He taught you something this week? If so, what? Through your devotions, actions? How?”
 - Did you do anything different since our last meeting because of your relationship with God?
 - Say, “Share about the 5 people you specifically prayed for this week. Did you share your story? What happened? How did it go? Were any interested in doing M:28 Bible Study together now or in the future? Were you able to encourage them to start an M:28 Bible Study with their group of friends or family?” (Always the goal)
- New Material (33% of time)
 - Turn to Acts 2:42-47 and 1) Read the passage, 2) read it again, 3) say it in your own words and 4) ask the following questions: “What does the passage say about the importance of meeting together? What is the purpose of meeting together? What should meeting together be like?”
 - Show them the verses on the back of the facilitator sheet.
 - Show them how going through the “Discovering God” passages helps people who don’t know God or Jesus yet to meet Him and to love and respect Him. Remind them that the selection of passages will eventually tell the whole story of God.
 - Show them the other series of passages that help people grow in their walk with Jesus (as they learn to obey), and to grow as a multiplying community who live for God.
- Practice (33% of time)
 - Choose a student to do a FULL discovery study from 1 Corinthians 12:12-30 with the whole group. If there are more than 10 people, break into groups of 4-6. Make sure everyone has a copy of the “Facilitator’s Guide.” Bring extra copies of the guide because some will forget.
 - Process students’ experiences with them. Ask the facilitating student how they did? What was this group like? What were some impressions that came out of the experience? Ask the non-facilitating students how the facilitator did? Have them critique specific points of the lesson based on the outline.
- Homework
 - Tell the students, “Find a group of friends and ask them if you could practice doing an M:28 Bible Study with them. Do one on the first passages in the ‘Discovering God’ series, Genesis 1:1-25. Tell them it’s an assignment for a group. It will make it easier to do it. Afterward ask if anyone would be interested in doing another one.”
 - Have students share their stories with five friends or family from their list. If they respond positively say, “You seem interested in Jesus (or things of God). Would you be interested in meeting together to discover more about God? Maybe some of your family or friends might be interested. We could do this with them also. Or you and I can discover God together from the Bible, if you promise to do the same with a group of friends or family. Would you be interested in doing this?” If they say “yes,” start an M:28 Bible Study with them.
 - Direct students to start an M:28 Bible Study group with people who have already shown an interest in learning about God and Jesus in previous weeks.

Lesson 4 – Who is God? Why is He so Important?

Goal: Understand that God is unique and unlike anything else in the world. He is One God—yet three distinct persons—and each person is fully God. God is creator, sustainer, redeemer and uniquely worthy of praise.

Note: Print a copy of the part of Appendix 3a.1 called “Guide to Doing a Three-Column Personal M:28 Bible Study” for each student.

- Sharing And Accountability (33% of time)
 - Ask the students, “What are you thankful for? What difficulties and stresses have you faced this week?” Pray about these things as a group.
 - Ask the students, “Have you seen God do something or has He taught you something this week? If so, what? Through your devotions, actions? How?”
 - Ask, “Were you able to start an M:28 Bible Study? What questions came up as you tried? Was it hard asking? How did people respond? If you started one, how did the study go?”
 - Do the 1-2-7’s hand motions together. Ask, “Which part of the 1-2-7’s did we look at last week?”
 - Preview: This lesson will focus on God’s holy purpose and how His authority is expressed in the world today. It is expressed through His Word and through us when God is first and we are second. Take careful notes because each of us will practice sharing its contents with someone else later today.
- New Material (33% of time) –
 - Do the following for *each passage separately*: **Deuteronomy 6:4-5, Colossians 1:15-20, Psalm 139:1-8, and 1 Corinthians 2:10-16**
 - Have a student read the passage out loud.
 - Have one person retell the passage in their own words. Ask the rest of the group if anyone wants to add something or if they would say it differently.
 - Questions: What do we learn about God, Jesus or the Holy Spirit from this passage? What do we learn about people? What do we learn about God, Jesus or the Holy Spirit’s relationship with people?
 - **After looking at all** of the passages above ask these questions:
 - What did you personally learn about God?
 - What about God excites you the most? How would you thank Him?
 - What did you personally learn about people?
 - What did you personally learn about God’s relationship with people?
 - Since this material is true, how will you live your life differently this week?
 - Remind students of the SPECK (**S**- sin to confess, **P**- promise to claim, **E**- example to follow, **C**- command to obey, **K**- knowledge to gain) way of unearthing applications.
 - Teach how to do a Three-Column Personal M:28 Bible Study (see Appendix 3a.1)
 - Have students turn to a blank sheet in their notebooks.
 - Have them draw the three columns and header line on the blank sheet.
 - Have them explain in their own words how to do a “Three-Column Personal M:28 Bible Study.”
 - Show them an example of one that you have done.
 - After the lesson, give the part of Appendix 3a.1 called “Guide to Doing a Three-Column Personal M:28 Bible Study.”
 - Summarize: Three things we know. There is one God. There are three distinct persons in the Godhead: Father, Son and Holy Spirit. Each of these persons, Father, Son and Holy Spirit is fully God. How this all can be is a mystery. God is creator, sustainer, redeemer and uniquely worthy of praise.
- Practice (33% of time)
 - Have students pair up with someone. Have students role-play: “Your partner who acts as your roommate asks you how M:28 Discipleship PTO is going and then asks what you are learning at that group. Summarize this lesson for your roommate in just 10 minutes. Switch roles.”

- Homework:
 - Have the students share what they learned today with from one to three people outside of the group and to note their responses.
 - Direct students to do a three-column study on John 17 – They should do one paragraph per day for the week and be ready to share next time. It shouldn't take more than 15 minutes per day.
 - If students shared their story with five people on their list already, they should choose another five. They should pray for those on their list daily and look for opportunities to share their story.

Lesson 5 – Who is God? What is His Relationship with His Followers?

Lesson Goal: Students will see from Scripture their special value to God and the benefits of their relationship with Him.

- Sharing and Accountability (33% of time)
 - Ask the students, “What are you thankful for? What difficulties and stresses have you faced this week?” Pray about these things as a group.
 - Ask the students, “Have you seen God do something, or has He taught you something this week? If so, what? Through your devotions, actions? How?”
 - Ask the students, “Did you share what you learned last week with someone else? What was their response? What did you learn by sharing what you learned?”
 - Have one person give their summary of John 17. Ask if people want to add something or say things differently. If you have time, ask everyone to share “I will” statements from John 17.
 - Review the 1-2-7’s (see lesson 1) with hand motions.
 - Preview: This lesson is about the Father’s special relationship with Jesus’ followers. Remind the students to take careful notes because each of them will practice sharing the contents with someone else later today.
- New Material (33% of time)
 - Do the following for **each** passage: Ephesians 1:3-14 and John 10:25-30
 - Have a student read the passage out loud.
 - Have one person retell the passage in their own words. Ask the rest of the group if anyone wants to add something or if they would say it differently.
 - Choose questions from the following as time allows:
 - “What in this passage surprised or bothered you?”
 - “What do we learn about God – the Father, Jesus or the Holy Spirit – from this passage?”
 - “What do we learn about people?”
 - “What do we learn about the Father, Jesus or the Holy Spirit’s relationship and role with people and how God sees us? What promises does He give? What expectations does He have?”
 - Application:
 - Ask students, “What are some things that are keeping you from accepting God’s love and acceptance in different areas of life? Why?”
 - Ask, “Since this material is true, how will you live your life differently this week?”
 - Remind students of the SPECK (S- sin to confess, P- promise to claim, E- example to follow, C- command to obey, K- knowledge to gain) way of unearthing applications.
- Practice (33% of time)
 - Have students pair up with someone. Tell them, “Your partner who acts as a friend is struggling mightily with not feeling worthy of being accepted by God and worrying that God might not forgive them for the things that they have done. In just 15 minutes, summarize this lesson for your friend to encourage them; then switch roles.”
- Homework
 - Have the group do a Three-Column Study on John 15:5-17 and be ready to share next time.
 - Have the group do a Three-Column Study on Hebrews 12:5-11 and be ready to share next time.
 - Have students share what they learned today with one to three people. Note their responses.
 - If the students shared their story with five people on their list already, they should choose another five, pray for those on their list daily and look for opportunities to share their story.

Lesson 6 – God is First, I am Second (God’s Authority and Our Purpose)

Goal: Students will seek to obey God because He is first in their lives.

- Sharing and Accountability (33% of time)
 - Ask the students, “What are you thankful for? What difficulties and stresses have you faced this week?” Pray about these things as a group.
 - Ask the students, “Have you seen God do something, or has He taught you something this week? If so, what? Through your devotions, actions? How?”
 - Ask “Did you share what you learned last week with someone else? What was the response? What did you learn by sharing what you learned?”
 - Have one person give a summary of Hebrews 12: 5-11. As time permits, ask people to share their “I Will” statements.
 - Have one person give a summary of John 15:5-17. As time permits, ask people to share their “I Will” statements.
 - Review the 1-2-7’s (see lesson 1) with hand motions.
 - Preview: In this lesson the students will see what it means to make God first and themselves second. Remind the students to take careful notes because each of them will practice sharing its contents with someone else later today.
- New Material (33% of time)
 - The Greatest Command and the Motivation for Obedience
 - Do the following for **each passage separately: Mark 12:28-34 and John 14:15-27.**
 - Have a student read the passage out loud.
 - Have one person retell the passage in their own words. Ask the rest of the group if anyone wants to add something or if they would say it differently.
 - Choose questions from the following list as time allows:
 - “What in this passage surprised or bothered you?”
 - “What do we learn about God – the Father, Jesus or the Holy Spirit – from this passage?”
 - “What do we learn about people?”
 - “What do we learn about God’s relationship with people and how He views us? What promise does He give? What expectations does He have? In the John 14 passage, is obedience dependent on our will power?”
 - Application:
 - Ask “Since this material is true, how will you live your life differently this week?”
 - Remind students of the SPECK (**S**- sin to confess, **P**- promise to claim, **E**- example to follow, **C**- command to obey, **K**- knowledge to gain) way of unearthing applications.
 - Great Commission – One Essential Purpose for Christ Followers: God’s Glory, His Kingdom –
 - Review Matthew 28:16-20 as it relates to God’s kingdom, authority and our purpose.
 - Read the passage again.
 - Ask: “Since this is true, what does this say about our purpose in life? How should it change the way we live if we are God’s servants? How specifically will YOU live differently?”
 - Read Philippians 2:1-11– Jesus, Our Example (if there is time)
 - Ask, “What captures your attention in this passage?”
 - Application:
 - Ask, “How do you worship and bring God glory through your words, deeds, commitment, mission, or focus?”
 - Ask, “How are love, trust and obedience connected? Share examples in your life where you obeyed and trusted out of an act of love. Did you always understand why you had to obey?”
 - In summary, all that we do, all decisions we make, all the words we speak should be affected by God’s kingdom purpose. Regardless of our vocation our priority should be to make disciples and build God’s kingdom.

- Specific applications: Ask each person, “What areas of your life do you need to make God first and yourself second? What is keeping you from making Him first? What small first step can you take toward changing that area of your life? How can we help you take that step?”
- Practice (33% of time)
 - Have students pair up with someone. Have them role-play: “Your partner who acts as your parent or spouse asks you how M:28 Discipleship PTO is going and what you are learning at that group. Summarize this lesson for your parent or spouse in just 20 minutes; then switch roles.”
- Homework
 - Have the group do Three-Column Studies of Ephesians 4:1-6 and 1 Corinthians 1:10-17.
 - Direct them to share what they learned today with one to three people and to note their responses.
 - Tell the students, “From your application of God’s Word in this lesson, take the first step in making God first. Report back to the group with how it went. We can continue with new small steps each time.”
 - Have students choose the next five from their prayer lists. Tell them to pray for, meet with or call those on their list and to look for the opportunity to share their stories. If they see interest, suggest starting an M:28 Bible Study.

Lesson 7 – The Authority of God’s Word

Goal: The students will understand the Bible is the most reliable source of authority in their lives because it is God’s Word.

Note to leader: Print out Appendices 7a and 7b for each student before the lesson.

- Sharing and Accountability (33% of time)
 - Ask the students, “What are you thankful for? What difficulties and stresses have you faced this week?” Pray about these things as a group.
 - Ask the students, “Have you seen God do something or has He taught you something this week? If so, what? Through your devotions, actions? How?”
 - Ask, “Did you share what you learned last week with someone else? What was their response? What did you learn by sharing what you learned?”
 - Have one person give their summary of 1 Corinthians 1:10-17. As time permits, ask people to share their “I Will” statements.
 - Have one person give a summary of Ephesians 4:1-6. As time permits, ask people to share their “I Will” statements.
 - Do the 1-2-7’s hand motions together (see lesson 1). Ask, “Which part of the 1-2-7’s did we look at last week?”
 - Preview: Tell students, “In this lesson, we will see how God’s Holy Word, the Bible, has authority over our lives.” Remind students to take careful notes because each of them will practice sharing the contents with someone else later today.
- New Material (33% of time) – God’s Word
 - Authority
 - Do the following for **each passage separately: Psalm 1:1-3, 2 Peter 1:19-21 and 2 Timothy 3:14-17.**
 - Have a student read the passage out loud.
 - Have one person retell the passage in their own words. Ask the rest of the group if anyone wants to add something or if they would say it differently.
 - Choose questions from the following list as time allows:
 - “What in this passage surprised or bothered you?”
 - “What do we learn about God’s Word, the Bible, from this passage?”
 - “Based on this passage, what is the role of God’s Word, the Bible, in our lives?”

Note: 2 Peter 1: 19-21 (The goal for this discussion is for the students to understand that the Bible is from God. Therefore it has authority, and so they should obey it.) 2 Timothy 3:14-17 (The goal is for the students to see the divine origin of God’s Word and its resulting authority. It expresses what God wants us to know and obey.)
 - Ask, “Since this material is true, how will you live your life differently this week?”
 - Remind students of the SPECK (**S**- sin to confess, **P**- promise to claim, **E**- example to follow, **C**- command to obey, **K**- knowledge to gain) way of unearthing applications.
 - Personal Bible Study – How-to’s
 - Three Methods for Personal Bible Study
 - Fast Survey Reading
 - This method helps you see the big picture of the Bible or a book of the Bible and how it all fits together. This is important in understanding the context of different passages you study.
 - Explain Appendix 7a, a schedule to read the Bible in one year.
 - Deep study – Researching a Topic More Deeply
 - Find the key passages to study.
 - Concordance

- See Appendix 7b and quickly go over concordances.
 - Learn the context of those passages.
 - Read whole chapters before and after the passage.
 - Ask, “What is going on here? Why is this passage here?”
 - Look up words in Bible dictionaries.
 - See Appendix 7b and quickly go over Bible dictionaries, handbooks and maps.
 - Do Three-Column Studies on the Passage:
 - Three-columns with the following headings: “God’s Word,” “My Words” and “I Will.”
 - Observe (What does it say? – God’s Word)
 - God’s Word - Write the passage word for work in the first column.
 - Interpret (What does it mean? – My Words)
 - My Words – Write the passage in your own words in the second column.
 - Discover Questions:
 - “What surprised or bothered you in this passage?”
 - “What does this passage say about God?”
 - “What does this passage say about people?”
 - “What does this passage say about the relationship between God and people?”
 - “What do these verses say about following Jesus/God?”
 - “What do these verses say about relating to one another?”
 - “What questions does this passage bring up?”
 - Apply (What I will do differently? – I Will)
 - Ask yourself these questions and write the answer in the third column:
 - “Since this passage is true, what will I do differently?” (Phrase as “I will...”)
 - “Since this passage is true, what will I stop doing and change?”
 - SPECK tool for figuring out how to change: **S**- sin to confess, **P**- promise to claim, **E**- example to follow, **C**- command to obey, **K**- knowledge to gain
 - Memorizing scripture
 - Memorizing God’s Word enables us to have the Word readily available for witnessing and helping others, as well as helping us overcome Satan and temptations.
 - Memorize any passage that God uses to speak to you.
 - Make memory verse cards.
 - Use index cards.
 - On the same side of the card:
 - Write the verse reference and topic before the passage.
 - Write the passage.
 - Write the verse reference again.
 - Quote each card five times a day for a week. At first just read it, and then as the week goes on, quote it from memory.
 - This is just a suggestion, do what works best for you.
 - One application of personal Bible study is in a daily quiet time with God. Talk about how important it is. One formula for this is: 20/20/20 (Read for 20 minutes, journal for 20 minutes, pray for 20 minutes), 10/10/10 (Read for 10 minutes, journal for 10 minutes, pray for 10 minutes) or 5/5/5 (Read for 5 minutes, journal for 5 minutes, pray for 5 minutes).
- Practice (33% of time)
 - Have students pair up with someone. Have them role-play: Say, “Your partner acts as your roommate who is a follower of Jesus. The roommate says they don’t have time to study the Bible and get everything needed through attending church. Present a 15-minute case using Scripture on why they should read the Bible themselves, and give ideas for making it work in their busy schedule; then switch roles.”

- Homework
 - Tell students to do Three-Column Studies of Deuteronomy 6:4-9 and Psalms 19.
 - Have them share what they learned today with one to three people and to note the response(s) they receive.
 - Have students choose the next five from their prayer lists. Tell them to pray for, meet with or call those five and to look for the opportunity to share their story. If they see interest, suggest starting an M:28 Bible Study.

Lesson 8 – Prayer

Goal: Students will gain an appreciation for the importance of prayer in their relationship with God and how He works in the world. It gives them practical examples of how to pray and during the lesson they actually pray. Students will learn that prayer demonstrates our utter dependence and need for intimacy with God. If you find you are running out of time, skip the latter passages. **Make sure to reserve the last 1/3 of the time for prayer. Make a copy of Appendix 8a for each student.**

- Sharing and Accountability (33% of time)
 - Ask the students, “What are you thankful for? What difficulties and stresses have you faced this week?” Pray about these things as a group.
 - Ask the students, “Have you seen God do something, or has He taught you something this week? If so, what? Was it through your devotions, actions? How?”
 - Ask, “Did you share what you learned from the last lesson with someone else? What was the response? What did you learn by sharing what you learned?”
 - Ask, “Did you share your story with five people since our last lesson? How did it go?”
 - Have one person give their summary of Deuteronomy 6:4-9. As time permits, ask people to share their “I Will” statements.
 - Have one person give their own summary of Psalm 19. As time permits, ask people to share their “I Will” statements.
 - Do the 1-2-7’s hand motions together (see lesson 1). Ask, “Which part of the 1-2-7’s did we look at last week?”
 - Preview: Say, “Today we will talk about prayer.” Remind students to take careful notes because each of them will practice sharing its contents with someone else later today.
- New Material (33% of time)
 - Study **Matthew 6:5-13**, “The Lord’s Prayer,” in the following way:
 - Have a student read Matthew 6:5-13 out loud.
 - Have different students retell Matthew 6:5-13 in their own words.
 - Divide the passage like this: v. 5-6, v. 7-8, v. 9, v. 10, v. 11, v. 12, and v. 13.
 - After each part, remember to ask the group if anyone wants to add something or if they would say it differently.
 - *You shouldn’t say these things but hopefully they will find: v. 5-6 (humility while praying), v. 7-8 (relationship not ritual), v. 9 (praise), v. 10 (submission), v. 11 (provision), v. 12 (forgiveness), v. 13 (protection). Let students discover them as they do “their own words.”*
 - Ask these questions, “What does this passage tell us about how to pray? What should our attitude be in prayer? What is our purpose in praying? This is a sample prayer. What are parts of prayer that you see in this passage?”
 - Introduce students to ACTS – Adoration, Confession, Thanksgiving, Supplication (requests for others, requests for yourself) *You don’t need to look these passages up but if you need them to explain each of the above words you can use: Psalm 135:3 (adoration/praise), 1 John 1:9 (confession), 1 Thessalonians 5:18 (thanksgiving), Philippians 4:6-7 (supplication for self), and 1 Timothy 2:1 (supplication for others).*
 - Study **John 14:12-14** in the following way:
 - Have a student read John 14:12-14 out loud.
 - Have one person retell the passage in their own words. Ask the group if anyone wants to add something or if they would say it differently.
 - Ask these questions: “What does this passage tell us about prayer? What does Jesus mean when He says, ‘in my name?’ What does Jesus promise about prayer? According to Jesus, what does He say in this passage is the purpose of prayer?”
 - Study **John 15:5-8** in the following way:
 - Have a student read John 15:5-8 out loud.

- Have one person retell the passage in their own words. Ask the group if anyone wants to add something or if they would say it differently.
- Ask these questions: “What does this passage tell us about following Jesus? According to Jesus’ promise, what has to be true about us for God to grant us what we pray? What does it mean to abide/remain? (cf. 1 John 3:24) According to Jesus, what does He say in this passage is the purpose of prayer?”
- Study **Philippians 4:4-7** in the following way:
 - Have a student read Philippians 4:4-7 out loud.
 - Have one person retell the passage in their own words. Ask the group if anyone wants to add something, or if they would say it differently.
 - Ask this question: “What does this passage tell us about prayer?”
- Additional Things About Prayer (go to passage if they ask)
 - Three Answers to Prayer: “Yes,” “No” or “Wait” – Explain that God will always answer your prayer but the answer may be one of these three things.
 - Ending prayer with “Amen” (= Greek for “truly, truly”) means praying sincerely from your heart. In a group, it is a symbol of agreement from your heart.
 - In Matthew 6:5-13, Jesus is not implying that we shouldn’t pray in a group. There are many passages that affirm praying together. (cf. Matthew 18:19-20, Acts 4:23-26) Whenever we pray, individually or in a group, it should be humbly from the heart.
 - We should have a continuous attitude of thanksgiving and prayer. (1 Thessalonians 5:16-18)
- Practice (33% of time)
 - Pray together as a group using ACTS where you as the leader state the part of prayer (e.g. adoration, etc.) and the individuals in the group pray that part (e.g. each person prays something they adore about God). Then the leader states the next part, etc. *Hand out the ACTS prayer guide (Appendix 8a) to each student.*
 - Form partners (same gender if possible) in the group. Trade contact information with each other. Share something you want to pray for each part of ACTS with each other 5 times during the week (using e-mail, Facebook, call, Skype, etc.) Together pray about these things.
- Homework
 - In your journal, record five prayer requests and five praises you’ve had this week to share in group.
 - Share what you learned today with one to three people. Note their response.
 - Choose the next five from your prayer list. Pray for, meet with or call them. Look for the opportunity to share your story, and if they show interest, suggest starting an M:28 Bible Study.

Lesson 9 – Telling Jesus’ Story

Goal: From this lesson the student will gain the skills, confidence and knowledge to answer the question, “How do I start to follow Christ?”

- Sharing and Accountability (33% of time)
 - Ask the students, “What are you thankful for? What difficulties and stresses have you faced this week?” Pray about these things as a group.
 - Ask the students, “Have you seen God do something or has He taught you something this week? If so, what? Through your devotions, actions? How?”
 - Ask, “Did you share what you learned from the last lesson with someone else? What was their response? What did you learn by sharing what you learned?”
 - Say, “Share some answered prayers from the week. What were your prayer times like?”
 - Ask, “Did you share your story with five people since our last lesson? How did it go?”
 - Do the 1-2-7’s hand motions together (see Lesson 1). Ask, “Which part of the 1-2-7’s did we look at last week?”
 - Say, “Today we will discuss how *your story* and *Jesus’ story* fit together. Remind students to take careful notes because each of them will practice sharing its contents with someone else later today.
- New Material (33% of time)
 - Tell students, “You have shared your story with others. You see interest and ask them if they want to hear Jesus’ story. What do you do if they say ‘Yes?’ The answer is to help them to discover God and Jesus. How?”
 - If they show some interest, we have taught you to work toward starting an M:28 Bible Study with them and their closest friends. (Especially before they believe.)
 - What if they are ready to follow Jesus and become a Christian right now? They almost insist on it. What do you do? **Share Jesus’ Story.**
 - Once there was a student who after their first M:28 Bible Study said, “How do I become a Christian?” When people are that excited, we need to answer that question.
 - At the end of sharing “your story” ask, “So what do you think about Jesus?” If they show interest and by their response it is clear they are ready to know and follow Jesus right that minute, ask “Would you like to hear the story about Jesus that changed my life?”
 - Tell Jesus’ story – One-Verse Bridge – See Appendix 9a
 - Teacher: Model the bridge once for the students, presenting it to the group using a napkin or piece of paper writing a pencil/pen/lipstick. Show them that you want it to be written on something the person you are presenting to can take with them.
 - Explain the One-Verse Bridge presentation in detail as you go through it a second time. *You can have them fill in the different parts for you as you speak.*
- Practice (33% of time)
 - Role Play with the partners.
 - Have one person share their story. At the end of their story have them ask their partner, “So what do you think about Jesus?” The partner shows intense interest. The student asks, “Would you like to hear the story of Jesus that caused the change in my life?” The partner says “Yes.” The student should share the One-Verse Bridge.
 - Once the presentation is done, have the partner critique it.
 - Switch Roles.
- Homework
 - Have students explicitly ask at least three people if they could share Jesus’ story with them (including other people they think are Christians already). Tell them you have an assignment to practice with someone and ask if it is okay if you do it with them. Ask them to critique you.

- Direct students to choose the next five from their prayer list. They should pray for, meet with or call the people on their list. They should look for the opportunity to share their stories, and if they see interest, suggest starting an M:28 Bible Study. If they show intense interest, share Jesus' story.

Lesson 10 – Repent, Believe and Follow

Goal: The student will comprehend and embrace what it means to repent, believe and follow Jesus.

- Sharing and Accountability (33% of time)
 - Ask the students, “What are you thankful for? What difficulties and stresses have you faced this week?” Pray about these things as a group.
 - Ask the students, “Have you seen God do something or has He taught you something this week? If so, what? Through your devotions, actions? How?”
 - Ask the students, “Did you practice sharing Jesus’ story with three people? What happened? How did you feel while doing it? What were people’s responses? What did you learn?”
 - Do the 1-2-7’s hand motions together (see lesson 1). Ask, “Which part of the 1-2-7’s did we look at last week?”
 - Preview: “Today we will go over what it means to ‘repent’ and ‘believe,’ and then we’ll look at the cost of following Jesus.” Remind students to take careful notes because each of them will practice sharing its contents with someone else later today.
- New Material (33% of time)
 - Repent, Believe, Follow – Study **Mark 1:14-17** in the following way:
 - Have a student read the passage out loud.
 - Have one person retell the passage in their own words. Ask the rest of the group if anyone wants to add something or if they would say it differently.
 - Choose questions from the following list as time allows:
 - “What does it mean to repent? What is the motivation for repenting?”
 - “What does it mean to believe? What are we supposed to believe?”
 - “When we put God first, what does He call us to do? Why should we follow Jesus?”
 - Cost of following Jesus – Study **Luke 9:57-62** (do this only if there is enough time, make sure you leave 1/3 of the time for practice) in the following way:
 - Have a student read the passage out loud.
 - Have one person retell the passage in their own words. Ask the rest of the group if anyone wants to add something or if they would say it differently.
 - Choose questions from the following list as time allows:
 - “What is happening in this passage?”
 - “What were the people asking of Jesus? Were their reasons for delay reasonable? Why did Jesus say the requests were not acceptable?”
 - “What would it take for these men to follow Jesus? What is Jesus asking them to give up?”
 - Do the following exercise:
 - Pair up students of like-size and gender. Have them do a “trust lean” with their partner. (One person stands behind their partner and the front person leans and falls back with the back partner catching them. See Appendix 10a for instructions.)
 - Go over the following post-processing questions: “Did you believe your partner would catch you? (before) (during) (after) How hard was it to trust your partner when you released your weight to fall? Did you believe they could/would catch you before? Do you believe more now?”
- Practice (33% of time)
 - Have students share with a partner something they need to repent of or where they are holding back from God and not trusting Him right now. Talk with students about committing to change in this area this week. Pray together and encourage each other during the week to follow through on their commitments.

- Have the students stay paired up. Have them role-play: “You have an opportunity to share with a small group of new followers of Jesus. Present a 10-minute lesson briefing them on this M:28 Discipleship PTO lesson, then they can switch roles.

- Homework
 - Have students share what they learned today with one to three people. Note their response.
 - Students should talk with their accountability partner in this group throughout the week (Facebook, phone, etc.) and check up on how they did in the area where they need to repent and change their behavior.
 - Students should choose the next five from their prayer list. They will pray for, meet with or call these people and look for the opportunity to share their stories. Once again, if they see interest, suggest starting an M:28 Bible Study.

Lesson 11 – Be Baptized, Remember Jesus (Lord’s Table)

Goal: To help students understand the importance of obeying the commands of Jesus (ordinances)

Note: Items denoted with a “*” can be removed if needed for time. Make sure you do the “practice” section.

You will likely adapt the “practice” section based on how you do baptism and communion, and the circumstances.

Based on your tradition you may need to find someone to do communion for your group. You need to prepare the elements for taking communion with the group prior to the lesson.

- Sharing and Accountability (33% of time)
 - Ask the students, “What are you thankful for? What difficulties and stresses have you faced this week?” Pray about these things as a group.
 - Ask the students, “Have you seen God do something, or has He taught you something this week? If so, what? Through your devotions, actions? How?”
 - Ask, “Did you share what you learned from the last lesson with someone else? What was the response? What did you learn by sharing what you learned?”
 - Ask, “How did you do in your area of repenting, believing and following? How did it help to have your brother/sister in Christ helping you?”
 - Review the 1-2-7’s (see lesson 1) with hand motions.
 - Preview: “Today we will talk about Baptism and Remembering Jesus.” (Lord’s Table)
- New Material (33% of time)
 - Be Baptized
 - **Review Matt 28:18-20** by reading it and asking, “What does this command define as ‘making disciples’? How does baptism relate to ‘making disciples’? Why doesn’t it specifically talk about believing in Jesus? Does it seem like the two might be intertwined? How important is baptism?”
 - **Read Acts 8:9-13** and ask, “What is happening in this passage?” Have a student retell the passage in their own words. Ask, “According to this passage, when did the people get baptized?”
 - **Read Romans 6:1-7** – Have a student retell the passage in their own words. Ask, “What captured your attention? According to this passage, what is the purpose of baptism?”
 - **Read Acts 8:26-38*** – What is happening in this passage? Have different people retell each paragraph in their own words with others adding and modifying as they see the need. What does it say about how God works in man? What does this passage tell us about baptism?
 - Remember Jesus
 - **Read I Corinthians 11:23-33** – Have different people retell each paragraph in their own words with others adding and modifying as they see the need. What happens when the Lord’s Table is celebrated? What does each part of the ceremony represent? What is the purpose/meaning of the Lord’s Table? What is the manner in which it should be done? Why?
 - **Read Luke 22:14-23*** – Have different people retell each paragraph in their own words with others adding and modifying as they see the need. What happens in this passage? What captured your attention? What is the main idea of the passage?
- Practice (33% of time)
 - Baptism
 - Discuss conclusions and implications. What is baptism? Key points:
 - Baptism is a public testimony about your faith and what God has already done inside you.
 - Ask students about some issues they may face in being baptized? (e.g. asking their parents and how to handle their reaction, loss of job in some countries, persecution)
 - Sharing with family—Many parents/spouses of students say their children/spouse can follow Jesus but not be baptized.

- Talk through as a group about how to share being baptized and what it means with parents and family. Work through what they will do if parents or family members agree or disagree.
 - Have students pair up and role play how to tell parents/spouse.
- Remember Jesus (Lord's Table) – Do Communion together with the group. You can bring in a pastor to do this if your tradition requires.
- Homework
 - Have the group do a Three-Column Study of Acts 10. Do a little at a time every day.
 - If a student hasn't yet been baptized, have them arrange to be baptized and let you know the date. Or, follow the plan which they chose during the practice time for how they want to approach baptism. Encourage them to invite others who are important to them to their baptism.
 - If the student has already been baptized, have them share with one person their baptism experience and what it means to them.
 - Tell students to share with one person the meaning of Communion/Lord's Table.
 - Have students choose the next five from their prayer lists. They should pray for, meet with or call them and look for the opportunity to share their stories, and if they see interest, they can suggest starting an M:28 Bible Study.

Lesson 12 – Love One Another, Give

Goal: The student will understand and apply God’s command to love one another. The student will also develop a lifestyle of giving toward the needs of others and to the work of God.

Note: *Items denoted with a “*”* can be skipped if necessary.

- Sharing and Accountability (33% of time)
 - Ask the students, “What are you thankful for? What difficulties and stresses have you faced this week?” Pray about these things as a group.
 - Ask the students, “Have you seen God do something or has He taught you something this week? If so, what? Through your devotions, actions? How?”
 - Ask, “Did you share what you learned from the last lesson with someone else? What was the response? What did you learn by sharing what you learned?”
 - Ask, “If you haven’t already been baptized, when are you getting baptized? If you are already baptized, or are going to be, how did the person you decided to share with react to your choice to be baptized?”
 - Do the 1-2-7’s hand motions together (see lesson 1). Ask, “Which part of the 1-2-7’s did we look at last week?”
 - Preview: Say, “Today we will look at the commands, ‘Love One Another’ and ‘Give.’ Remind students to take careful notes because each of them will practice sharing its contents with someone else later today.
- New Material (33% of time)
 - Love One Another
 - Do the following for **each** passage: **Luke 10:25-37** (What does it mean to love your neighbor?) and **John 15:9-17** (Love one another, one another = other Jesus followers):
 - Have a student read the passage out loud.
 - Have one person retell the passage in their own words. Ask the rest of the group if anyone wants to add something or if they would say it differently.
 - Choose questions from the following list as time allows:
 - “What in this passage surprised or bothered you?”
 - “Based on this passage what do we learn about God?”
 - “Who are we supposed to love?”
 - “How are we to love others? How passionately?”
 - Discuss how ministry is serving, loving, and meeting the needs of unbelievers.
 - We should love everyone because ALL people are made in the image of God.
 - Love is a way to make a lot of “noise” for Jesus (broadcasting His grace), so people can respond if God is working in their hearts.
 - Discuss how fellowship (e.g. church) is serving, loving, encouraging, and meeting the needs of believers.
 - We need to love other followers of Jesus because we are all now part of the same family and part of one larger organism, the body of Jesus Christ.
 - We need to meet together to love one another.
 - We are not meant to be alone.
 - Give
 - Do the following for **each** of these passages: **Acts 20:32-35** (give to those in need), ***Acts 4:32-37** (Jesus followers shared everything), **2 Corinthians 9:6-11** (give cheerfully), ***1 John 3:17-18** (give to people who have need), **1 Corinthians 9:13-14** (provision for leaders)
 - Have a student read the passage out loud.

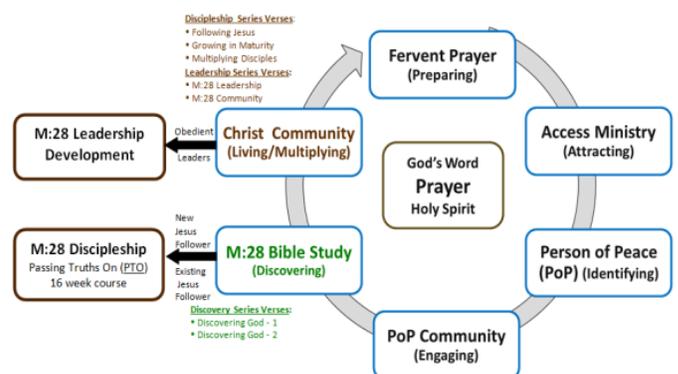
- Have one person retell the passage in their own words. Ask the rest of the group if anyone wants to add something or if they would say it differently.
 - Question: “What does this passage tell us about giving?”
- Application
 - As a group, come up with a list of ways to show love for God with “all your heart, soul, and mind.”
 - As a group, come up with a list of ways the members have seen people live out “loving one another and loving your neighbor.”
 - Have students explore: “To whom or where is God leading you to give? Are you giving? What other types of resources could we share?”
- Practice (33% of time)
 - Have students pair up with someone. Role-play: “Your partner acts as a friend who is upset about having to give to the church. They work so hard during the week, it doesn’t seem fair to them. Present a 10-minute case using Scripture on why they should give. Switch roles.”
- Homework
 - Have students share what they learned today with one to three people. Note their response.
 - Tell students to show love as discussed to six people this week (three Jesus followers and three non-Jesus followers). It can be in small or large ways. Journal these experiences to be shared next week.
 - Have students choose the next five from their prayer list. They should pray for, meet with or call them, and then look for the opportunity to share their story. If they see interest, suggest starting an M:28 Bible Study.

Lesson 13 – Putting it all Together: The M:28 Ministry Cycle

Goal: The student will understand the M:28 ministry cycle from prayer to Christ community groups.

- Sharing and Accountability (33% of time)
 - Ask the students, “What are you thankful for? What difficulties and stresses have you faced this week?” Pray about these things as a group.
 - Ask the students, “Have you seen God do something or has He taught you something this week? If so, what? Through your devotions, actions? How?”
 - Ask, “Did you share God’s love with six other people? How did it go? What was their response? How could you have transitioned that opportunity into telling your story? Is it wrong not to move it toward telling your story?”
 - Ask, “Where is God calling you to give cheerfully?”
 - Do the 1-2-7’s hand motions together (see lesson 1). Ask, “Which part of the 1-2-7’s did we look at last week?”
 - Preview: Say, “In this lesson, we will learn a ministry cycle that describes how to find people of peace and move their community from not knowing Jesus to multiplying communities of Jesus followers.” Remind students to take careful notes because each of them will practice sharing its contents with someone else later today.
- New Material (33% of time)
 - **Introduction (Suggested Script)**
 - “As members of God’s kingdom we are part of doing kingdom work. Remember our one holy purpose: God’s kingdom. We will be learning a cycle for doing kingdom work.”
 - “There are many ways to reach people and build God’s kingdom. One way people have done it is through large gatherings where people sit and listen to a teacher every Sunday. These are churches with buildings, beautiful music, many resources and highly trained teachers and are good for certain circumstances. Amazing things are done and God works powerfully in this way.”
 - “But it’s not practical to build these complicated organizations in ALL circumstances. What we want to share with you is a different model. It is not necessarily better but it is a model that fits many situations where building buildings, having trained teachers, or holding large meetings are not practical. This is a model that you can take with you and will work anywhere.”
 - (Teacher: Share “The Parable of the Elephant and the Rabbit” found in Appendix 13a)
 - “The principles of this model can work even in the context of a traditional church. (e.g. through small groups within the church, etc.) On the other hand, if you don’t find a healthy, multiplying church in your area, you can use what you learn to start small communities of believers, churches, yourself. Also, because these groups are small, they are agile and are designed to multiply quickly so that they can make a bigger impact quickly in a small amount of time.”
 - The M:28 Ministry Cycle (see Appendix 13b) – Draw the diagram as shown in the order given below. As you draw each element, give the following explanation:
 - **Prayer/Holy Spirit** – Draw the “God’s Word, Prayer, Holy Spirit” box in the middle and the “Fervent Prayer” box above it. Say, “Prayer is the beginning of ministry. In reality, it should be in all parts of ministry. We know that true ministry happens

M:28 Ministry Cycle



when **God** is the one at work. **He** is the one who makes ministry happen and **our** role is to be a conduit for His work. Prayer acknowledges this truth. God is working in the lives of people already but we need to be willing to wait for Him to reveal the people in whom he is working. Prayer is a HUGE part of the whole process.”

- **Access Ministry** – Say, “One of the things we’ve talked about in the past is the importance of finding a **person of peace**, a person in whom *God is working already*, whom He has prepared beforehand to seek Him. We need a way to find these people. The Bible tells us Jesus spent much of His time on earth healing, teaching and loving people. Through these things, people saw God’s authority lived out and they were drawn to Him. This prompted ‘people of peace’ to make themselves known (e.g. Nicodemus, the woman at the well, etc.). This is what we call ‘making a lot of noise for Jesus and then leaving bread-crumbs so people can find their way to you.’ **‘Making noise’** includes doing things like welcome parties, helping people with moving, trips to fun places, gatherings in our homes, playing ping pong. While doing these things, it must be made clear that Jesus is prompting you to do what you do by tastefully seeding your talk with Spiritual talk and by sharing appropriate examples of ‘your story’ as it relates to whatever you are talking about. **‘Leaving Bread-crumbs’** means leaving a clear trail so people can come to you to reveal God’s work in their lives. This can be done through leaving a name card, asking for contact information to talk some more or even asking questions that allow others to show their spiritual interest. The goal of ‘making noise and then leaving bread-crumbs’ is drawing out people of peace.”
- **Identifying the Person of Peace (POP)** – The marks of a person of peace are:
 - They desire a relationship with you.
 - They are open to the things of God.
 - They show hospitality to you.
 - Their nature is to share with others what they experience.

In other words, God is already working in their lives and has chosen them to reach others. Look hard for these people.

- **Engage the POP’s community** – Say, “Once you identify a person of peace, the next step is to engage their community. It means spending time with them and becoming a valued part of their community. This community could be their family, the people with whom they regularly spend time, or their roommates. If a group doesn’t have natural relationships, community can be built through creating opportunities for intense common-experiences. One example of this community building is a spark group. (To learn how, see <http://www.sparkgood.com/> See example on campus at <http://www.youtube.com/watch?v=MFDntFyMRyQ>.) Another example is through a shared trip or regular meetings together (e.g. ICF, English conversation groups, talk time, sports ministry, etc.). The goal is to build trust and community through being transparent and consistent. You should look to share your story often and in different ways. This makes talking about spiritual things within the community comfortable.

Lesson 14 – A Community of God: The DNA of a Healthy Church

Goal: The student will develop a clear sense of what a biblical church should look like. They will learn the values and DNA which should be included if they are called to plant rabbit churches/Christ Community Groups.

Note: Make sure you **print out a copy of the latest M:28 Discipleship PTO lessons** for every student so they can use them to disciple others. **It is important** for the teacher to print out and read a copy of Appendix 14a (Potential Script for Teaching the 5-4-3-2-1's) beforehand to understand the details necessary to teach the "New Material" section.

- Sharing and Accountability (33% of time)
 - Ask the students, "What are you thankful for? What difficulties and stresses have you faced this week?" Pray about these things as a group.
 - Ask the students, "Have you seen God do something, or has He taught you something this week? If so, what? Through your devotions, actions? How?"
 - Do the 1-2-7's together.
 - Ask, "Did you share the ministry cycle with another person? How did it go? What was their response? Did you get any new ideas for any of the areas of ministry in the cycle? Did you do or process anything differently because of what you know about the cycle? Has God given you greater clarity on how to reach the group that He has placed on your heart? "
- New Material (33% of time)
 - Introduction: Tell the students, "I will share today a handy guide to healthy churches, especially the 'rabbit' type we talked about last time. What we understand for churches here in many ways applies to Christ Community Groups as well. This material serves as a way to evaluate existing churches too as these elements should be seen in some measure in any healthy church. We had the 1-2-7's in understanding how we personally should live. Here we have the 5-4-3-2-1's of a healthy church. We can use our fingers to help us remember. You will see many connections between the 1-2-7's and the 5-4-3-2-1's. This makes sense since a church is a body of followers of Jesus."
 - See Appendix 14a for a suggested script for explaining the 5-4-3-2-1's².
 - Five Purposes
 - Worship
 - Fellowship
 - Ministry
 - Discipleship
 - Evangelism/Missions
 - Four Marks of Maturity
 - Self-Governing
 - Self-Supporting
 - Self-Replicating
 - Self-Correcting/Feeding
 - Three Offices
 - Pastor/elder/overseer
 - Deacons (often 5 deacons)

² Adapted from "A Handy Guide to Healthy Churches, Part 2" by David Garrison, October 6, 2010, http://www.churchplantingmovements.com/index.php?option=com_content&view=article&id=117:a-handy-guide-to-healthy-churches-part-2&catid=36:the-big-picture&Itemid=78

- Treasurer
 - Two sources of authority
 - God’s Holy Word, the Bible
 - God is First and I Am Second
 - One Holy Essence for all believers
 - God’s kingdom
- Share and explain the following: “According to a missions leader there is a certain kind of person that God uses to reach many.
 - A person of extraordinary prayer – Focus on dependence on God always (John 15)
 - A person who is thankful
 - A person who sees only two kinds of people: lost (share your story and start an M:28 Bible Study) and Jesus followers (do a M:28 Discipleship PTO)
 - A person who knows there are people of peace
 - A person who looks for super-spreaders: people who love sharing everything they know with others and help others start groups as a matter of course (e.g. Paul)
 - A person who sifts between the hearers of the Word from the doers of the Word
 - A person who is compelled to share what they learn from Jesus
- One Model of Church: Rabbit Churches – Small M:28 Bible Study/Christ Community Groups
 - See Appendix 14b for a possible script explaining POUCH churches
 - POUCH – Values usually found in a Rabbit church
 - Participative
 - Obedience
 - Unpaid
 - Cell church
 - Homes
- Practice (33% of time)
 - Have the students pair up to practice sharing and explaining the 5-4-3-2-1’s and the elements of POUCH.
 - As the leader, pray and commission the students to go and do and teach others the things they have learned in M:28 Discipleship PTO. Pass out a copy of all the M:28 Discipleship PTO lessons to be used as a manual to teach from and share an internet link where they can get additional copies.
 - Discuss the next steps in their development.
 - Maintain a coaching relationship with the M:28 Discipleship PTO leader.
 - Use the members of this group to stay accountable of commitments made.
 - Pursue further training as you develop more as a coach and a leader.
- Homework
 - Admonish the students to, “Go do all you learned in obedience and teach others to do the same.”

