

# T4T

## “Training Disciples to Multiply Disciples”

- The Three Thirds Training Process
- Your Story
- Jesus’ Story
- Prayer Walking
- 7 Stories of Hope
- 7 Commands of Christ (short-term discipleship)
- Church: Christian Community
- Long-Term Discipleship
- MAWLS
- The Four Fields

## The Three Thirds Training Process

### 1. Look Back (30-40 minutes)

- **Member Care** — “How are you doing?”
- **Worship**
- **Accountability** — Review and Encouragement
- **Vision Casting**

### 2. Look Up (30-40 minutes)

- **New Lesson** — only enough Biblical content to obey this week

### 3. Look Ahead (30-40 minutes)

- **Practice** — Confidence and Competence to obey and train others this week
- **Set Goals & Pray**

Don’t leave out the **RED** underlined parts!

(These enable fruitful reproduction)

## **Three-Thirds Training Meetings**

<b>Look Back</b>	<b>Look Up</b>	<b>Look Forward</b>
<p><b>1. Member Care:</b> “How are you doing?”</p> <p><b>2. Worship:</b></p> <p><b>3. Accountability*</b></p> <ul style="list-style-type: none"> <li>• <b>Follow:</b> “How did you obey the lesson from last time?”</li> <li>• <b>Fish:</b> “Who did you pray with, share your story, or Jesus’ story?”</li> </ul> <p><b>4. Casting Vision*</b> for reaching lost people and making disciples</p>	<p><b>5. New Lesson:</b> Enough biblical content to obey and pass it on.</p> <p><b>Interested Seekers:</b></p> <ul style="list-style-type: none"> <li>• 7 Stories of Hope</li> <li>• 8 Week Discovery Study in John</li> </ul> <p><b>Disciples:</b> <i>Short Term Discipleship</i></p> <ul style="list-style-type: none"> <li>• 7 Commands of Christ</li> </ul> <p><i>Long Term Discipleship</i></p> <ul style="list-style-type: none"> <li>• Inductive Bible Study in Mark or Ephesians</li> </ul>	<p><b>6. Practice*</b> the lesson until all are confident and competent to retell the story</p> <p><b>7. Set Goals and Pray*</b> Goals for personal growth, sharing the gospel, and training others.</p>

*If time is short, make it a priority to cover the sections with an asterisk (\*)*

## **Your Story**

**The Great Commission:** Mt. 28:18-20, “And Jesus came up and spoke to them, saying, “All authority has been given to Me in heaven and on earth. “Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age.”

**Go, not Come:** Jesus did not tell us to advertise our church on a web site, or a sandwich board, and then wait for lost people to come to us. He told us to go to them. We must be willing to get out of our comfort zone, and go to people who are far from God with the only message that can save them.

**All, not Some:** Jesus told us to go to all the nations, not some of them. In Mark 16:15 He tells us to “Go into all the world and preach the gospel to all creation.” We typically choose whom we want to share the gospel with, trying to pre-judge who might accept it. But Jesus commanded us to go to everyone. We cannot predict whom God will save.

**Disciples, not Church Attenders:** We must not satisfy ourselves with making converts who simply attend church meetings. Jesus commanded much more. He wants true disciples. And what do true disciples do? They obey His command to witness to others and train these new believers to do the same. So every disciple must be a disciple-maker (trainer).

**Name List:** The first step toward obeying Christ is a simple one. Ask them to write out a Name List of everyone they know who might be lost or far from God. Tell them to pray and ask God to bring to their minds who they should include on their list. Once they have their list started, ask them to pray again and ask God who they should talk to first. Encourage them to identify 5 people they will share with first. Be sure to remind them to keep their list with them all week and to bring it with them to the next training session and be prepared to share their progress with others in the group.

**Your Story:** Ask each person to write out their story. It should consist of three parts: 1) what your life was like before you met Christ; 2) how you met Christ, and 3) how your life changed after meeting Christ. Keep your story short enough that you can tell it in 2 minutes or less. Just write one paragraph for each of the three parts. Make sure you make Jesus the hero of your story. Now pair up in twos, and practice telling it to one another until you feel competent and confident you can tell it to others.

# Jesus' Story

It is important that you are able to share your story, but it is far more important for you to be able to tell Jesus' story – the Gospel. Only the gospel is the power of God for salvation (Rom. 1:16). There are many different ways you can share the gospel, however it needs to be simple and reproducible so that you can teach it to anyone. We are using The Bridge Illustration as a simple and effective tool to help non-believers understand how they can be reconciled to God.

## **INSTRUCTIONS:**

Take some blank 4"x6" cards, or a note book with blank paper with you.

1. Let me share how someone who is far from God to become near to God. Romans 6:23 says, "For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."
2. Draw lines to indicate a great canyon between God and man. Draw a stickman on one side and write "God" on the other. Tell them that this canyon is several miles across and thousands of feet deep. Then ask them, "Is the person over here near or far from God?" They will probably say, "Far from God." Tell them, "You see, people are separated from God because of sin. It is as if we were on one side, and God was on the other side of a great canyon. What separates us from God is our sin. People have tried many ways to bridge the gap between themselves and God. They have tried good deeds, philosophy, even religion, but all of our efforts to bridge the gap fall short."
3. As you say it, write "wages," "sin," and "death" under the man. Ask them what wages are. They will probably say something like, "What you have earned by working." Then ask them what kind of a paycheck God is going to give people for their sin, and point to the word *death*. When they say *death*, ask them what kind of death it is talking about. If they don't know, tell them it is talking about eternal death. Ask them if they know what eternal death is called in the Bible. Then write the word HELL at the bottom of the canyon. Tell them, "This is the Bad News. All of us are sinners and have earned eternity in Hell. Further, because God is just, that is what He will give us, unless our sin problem can be solved somehow."
4. On God's side of the canyon write "gift," and "God" and "Eternal Life." But this verse goes on to say that a gift (*gift*) has been provided by God (**God**), and this gift is eternal life (**eternal life**). On one side of the canyon we have wages and sin and death. But on the other side of the canyon we have gift and God and eternal life. Ask them, "Who gives this gift?" (God). "What is this gift?" (Eternal Life). "How is a gift different from wages?" (don't work for it; given freely). Then ask them, On which side of the canyon would you like to be?

5. Draw a cross that provides a bridge between both sides of the canyon. Jesus Christ is the Bridge that God has provided to give us the gift of eternal life. Through Jesus and His death on the cross to pay for our sins, we can cross over the canyon, and we will no longer be separated from God. Tell them “this gift of eternal life is *in Christ Jesus our Lord*.” Write JESUS on the cross. Tell them, “The reason Jesus can be the bridge between us and God is because He is God who became a man. He lived a perfect life, and then died on a cross to pay the penalty for our sins.” As you are saying this circle SIN and draw a line from the word SIN to the Cross. Then say, “He paid for the just consequences of our sin.” Then circle HELL and draw a line to the Cross. Then say, “Then He rose from the dead three days later, proving that His sacrifice was sufficient payment for your sins.”
6. “But how does a person cross over Jesus as his bridge and come near to God? Jesus tells us in Mark 1:15 where He said, “Repent and believe the gospel.” At this point draw a line from the stick figure over the cross all the way to God in an arc. Write REPENT and BELIEVE on this arc. Ask them if they know what *repent* means. Help them to understand it is being sorry for sin and turning from sin. Ask if they know what it means to *believe* in Jesus Christ. Explain that it is to transfer their trust for salvation from themselves to Christ alone. It means they will not place their hope or confidence in heaven and forgiveness in them being a good person, or having a good heart, or someone who helps others, etc. They must realize they have sinned away any right to forgiveness and heaven, and if they ever receive it, it must be based on the perfect righteousness of Christ. “This verse says that God provided the gift of eternal life in Jesus Christ. In order to cross over to God’s side of the canyon, we must go through Him. He is the Bridge! To cross over a canyon on a bridge, you would have to trust the bridge to hold you. In the same way, in order to cross over to God, you must trust that Jesus Christ is able to give you eternal life.”
7. Romans 6:23 says this gift of eternal life is in Christ Jesus *our Lord*. Tell them that when they repent and believe in Christ, they must surrender to Him as their Lord, or King, or Boss. They must be willing for Him to tell them how to live and what to do, and they must be willing to follow Him in obedience. Ask if this picture makes sense to them. Ask if they would like to be come near to God by repenting of sin and trusting Christ to save them. If they say, “Yes”, you can suggest that they call upon the Lord to save them. They can either pray in their own words, or you can lead them in prayer.
8. Whether or not they wanted to repent and trust Christ, ask them if you can come back and share more stories with them. If they say “Yes” jot down their name, address, phone number and a day and time you will be returning. Leave a gospel tract with them with our contact information on it.
9. If they prayed to receive Christ, when you come back, start with the 7 Commands of Christ, and teach them the lesson on Baptism. If they did not receive Christ, start with the 7 Stories of Hope. When they come to Christ in faith, switch over to the 7 Commands of Christ, the lesson on Baptism, and baptize them.

Now, all of this may seem complicated, but trust me... once you have watched someone else do it, and then have done it yourself a few times, it will become very simple. You don't need to memorize steps 1 to 8 above. Just get the gist of the presentation, and adapt it for the person you are witnessing to.

# **Prayer Walking**

If you have exhausted your Name List, you will need to talk to people you don't know in order to Go and share the gospel. A good way of doing this is through Prayer Walking. It is best to go out in pairs of two.

1. Select a neighborhood or apartment complex that you would like to prayer walk. As you walk, pray for the people that live there. Pray that God would help you find a Person of Peace (Luke 10:7) who will receive you and your message, be converted, and then seek to reach the people in their oikos (household or relational network).
2. After you have been Prayer Walking for a while, start Prayer Knocking. Knock on a door. When a person answers, tell them that you are out Prayer Walking and would like to know if they have any needs at all in their life that you can pray for. If they can't think of anything, ask if you can just pray a prayer of blessing on their home. Then pray a short prayer for them in Jesus' name.
3. When you are done praying say, "Would you say you are near or far from God?" No matter what answer they give you, ask if you can draw a picture for them that will show how a person who is far from God can become near to God. If they say, "Yes", go ahead and draw the Bridge Illustration and explain the gospel.
4. When you are done, ask them if the picture and explanation makes sense. If they say "Yes", ask if they would like to become near to God by repenting of their sin and trusting Christ to save them. If they do, you may either encourage them to get alone and pour out their heart to God in prayer, or you may lead them in a prayer of repentance.
5. Then ask if you can come back and share more stories with them. If they say "Yes" get their first name, address, phone number, a date and time that you can return. Leave them a gospel tract with our contact information on it.

## **7 Stories Of Hope**

1. The Repentant Woman (Luke 7:36-50)
2. The Pharisee and the Tax Collector (Luke 18:9-14)
3. The 2 Lost Sons (Luke 15:11-32)
4. The Rich Man and Lazarus (Luke 16:19-31)
5. The Rich Young Ruler (Luke 18:18-30)

6. The Thief on the Cross (Luke 23:32-43)

7. Doubting Thomas (Jn.20:1-18; 24-29)

Before you visit to tell them the 7 Stories of Hope, ask if there is anyone else they know who might like to come and hear these stories (their family, friends, neighbors, co-workers, etc.).

When you meet, use the Three Thirds Process as much as you can. Before people become Christians, some parts of the 3/3 process will not be very applicable. Just implements the parts that you can that you can fit in naturally.

### **Look Back:**

*Member Care:* Ask each person to share a highlight and a challenge. Pray for the challenges each one is facing.

*Worship:* Ask if God has done anything special in their lives since you talked last. Teach them to praise Him for all good things. You could also sing a song, or read a Psalm of praise, or play a worship song.

*Accountability:* Ask how they did in fishing and following. Fishing: who did they share last week's story with? Following: how did they do in applying the story to their own life?

*Vision Casting:* In just a few minutes, share an encouraging personal story, or Scripture that will give them a vision of what can happen in their life and community through Jesus.

### **Look Up:**

*New Lesson:* Read the story in two different versions of the Bible (if the people in this group can read, ask them to read it out loud). Then retell the story in your own words. Then use the Sword Method of bible study to get them discussing the story together. The questions are:

- What does this story teach about God?
- What does this story teach about man?
- Does this story speak of a sin to avoid?
- Does this story speak of a promise to claim?
- How will I apply this story to my life?

### **Look Ahead:**

*Practice:* Have each person try to retell the story in their own words.

*Set Goals and Pray:* Fishing - Encourage each one to set a goal to tell someone this story at least once in the next week. Following – encourage each person to set a specific goal (write it down) of how they will put this story into practice in their own life in the next week. Then pray. If this is a group of non-Christians, you might need to pray for them until they become comfortable praying.

# The 7 Commands of Christ

Mt. 28:18-20

1. Baptism
2. The Word of God
3. Prayer
4. Making Disciples
5. Love
6. Giving
7. The Lord's Supper

Before you even begin the 7 Commands of Christ there are several things you should do with a new believer. Within 24 hours of their conversion, show them how to make a Name List, tell their story, and Jesus' story, and encourage them to start sharing with those that are far from God. Encourage them to set a goal of speaking to 5 people a week. Also, bring them along with you when you go Prayer Walking so they can learn by watching.

Once you have led someone to Christ, begin teaching them the 7 Commands of Christ, using the Three Thirds Training Process. Ask if there is anyone in their relational network (oikos) who they could invite to join them as they learn about following Jesus.

Remember, your goal is obedience-based discipleship. Jesus taught us to teach these believers to *obey* everything He had commanded. Our goal is not to cram their heads with facts and knowledge, but to help them learn to obey Jesus. Give them only as much content as they can obey.

# Church: Christian Community

One of the things you will need to do as you are helping these new believers to obey Jesus' commands, is to begin meeting as the church. In some situations it might be better to encourage them to join existing churches. However, in some situations, it may be the Lord's will for a group of these new believers to become a new church. When that is the case, your role will be to help these new believers start functioning as a church.

There are five questions that must be answered in the mind of the Man of Peace as he begins hosting a new church. Who? When? Where? Why? What? These are the 5 key questions of new church starts.

## **1. Who is the Church?**

**Acts 2:41** (NLT) *Those who believed what Peter said were baptized and added to the church that day – about 3,000 in all.*

What two things did every person do before they were added to the church?

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The expression “added to the church” implies a recognizable membership. The early believers knew who was in and who was not. The church is formed around those who have followed the Lord in obedience – namely in believing the gospel and identifying with Christ in baptism.

## **2. When does the Church meet?**

**Heb. 10:25** (NLT) *Let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of His return is drawing near.*

The answer to when we meet is not written in stone; in fact, the precedent of the first church will point to daily meetings (see Acts 2:46). Some have taught that Sunday is the God-ordained that the church should meet, but this can't be proven from Scripture. What can be stated, however, is the need for a regular plan for meeting.

The timing and length of church meetings are not mandated in scripture. The goal is to establish the habit of meeting and seems to be the command of Hebrews 10.

Each new church start should set a time and day for regular meeting at least once per week.

## **3. Where does the Church meet?**

Look up the following Scriptures: Romans 16:1-5; 1 Cor. 16:19; Col. 4:15; Philemon 1:1-2. Where did the early Christians hold their gatherings? \_\_\_\_\_


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**We believe there are 9 key elements of a healthy, Biblical church. They are listed below:**

- Baptism
- The Word of God (apostles' teaching)
- Lord's Supper
- Giving
- Prayer
- Worship
- Making Disciples
- Qualified Leaders
- Church Discipline

1. Read Acts 2:41-47 and then find the 8 key elements that should characterize a healthy church from the Acts 2 passage.
2. Read Matt. 18:15-17. What key element does this passage teach should characterize a healthy church?

**Church Discipline:** Read 1 Corinthians 5.

What must the church do if someone professes to be a follower of Jesus, but will not repent of sin?

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Why must the church deal so radically with unrepentant believers in her midst?

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**Church Leaders:** Hebrews 13:17 (NLT) *Obey your spiritual leaders, and do what they say. Their work is to watch over your souls, and they are accountable to God. Give them reason to do this with joy and not with sorrow. That would certainly not be for your benefit.* What does this passage say about the leaders?

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What does this say about your response to your leaders?

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Read Titus 1:6-9. Is there one or more persons in your group who are qualified to serve as Overseers/Elders, to teach and nurture the group? Discuss this together and see if the group shares a consensus on who these leaders are.

**\*NOTE:** At this point, a mature, experienced worker should be enlisted to help in appointing new leaders. In Acts 14:23, Paul and Barnabas appointed Elders in all the churches they had planted.

Discuss the commitment level to be “church” together. Is there the commitment to choose to meet regularly and live as the Body of Christ? Give a name to your church. Is it clear when and where the group meets? If the group is serious about being church, covenant together by signing a membership commitment form.

# Long-Term Discipleship

Once you have trained the group to begin obeying the basic commands of Jesus, it is time to transition to long-term discipleship. These new Christians need to learn to read and obey God's Word for themselves. Your job at this point is to help them learn how to do this. Thus, at this stage, instead of going through preplanned lessons, you will begin to train them to do Discovery Bible Studies together.

At this stage, choose a book of the Bible, such as Mark, or Acts, or Ephesians, or Romans, and study through a section of the book together each week. Be careful not to become content-driven, but rather obedience-driven. Teach only enough content for the group to obey during the week. It will also become a strong temptation for the group to stop doing outreach and making disciples at this point, and instead just become a bible study. You need to strive to keep your group on target, so this does not happen.

Continue to use the Three Thirds Training Process in these Discovery Bible Studies. At the beginning, continue to ask the Fishing and Following accountability questions:

**Fishing:** who did you share your story, or Jesus' story with this past week? Have you started any groups? If so, how is your group doing?

**Following:** how did you do in obeying last week's lesson?

As you study through books of the Bible, there are different methods you can use. Use one which is simple and reproducible so these new believers can use it with their own disciples they are training.

## The Star Method

1. First, read the passage aloud. (Can take turns if in a group) Each passage is divided into three parts. Read and discuss the first section, then move on to the second section, and then to the third.
2. Each person then reads back over the passage on their own and looks for these 3 things:
  - a. Anything that stands out or draws the attention of the reader. Mark these things with a Star. (★)
  - b. Anything that the reader finds hard to understand or have a question about. Mark these things with a Question Mark. (?)
  - c. Anything that applies personally to the reader's life or that they feel directs them to do something. Mark these with an Arrow. (→)
3. Each person should try to write down at least one thing, but no more than three, under each category.

4. Each person should then share things they have marked with a Star and discuss them with the group. Everyone shares all their Stars first before you go on to the Question Marks.
5. Each person should share things they have marked with a Question Mark and the group should try to work out answers for each. A core value is to never answer a question unless you know the answer. A perfectly acceptable answer is, "I don't know, but let's both look into this and see what we find out for next time."
6. Each person should then share things they have marked with an Arrow and discuss them with the group.

### **The Sword Method**

The Sword Method has been used very successfully in places all over the world. The word of God is often likened to a sword ("For the word of God is living and active. Sharper than any double-edged sword" Hebrews 4:12).

1. Think of holding a sword by the handle and the blade pointing up. The point is pointing upward toward God so ask, "What does this passage say about God?"
2. You're holding the handle so ask, "What does this passage say about me or about people?"
3. One side of the blade could represent the question, "As a result of this passage is there a sin to avoid?"
4. The other side of the blade could represent the question, "Is there a promise to claim?"
5. Finally, a sword is to be used which reminds us to ask the question, "As a result of this passage, what am I going to do?"

As you become comfortable with the Sword Method, you can add other questions such as:

- Who do you identify with in this passage? Why?
- What stood out or got your attention in this passage?
- What bothered or confused me in this passage?
- Who do you identify with in this passage and why?
- To whom will you tell this lesson?

### **Head, Heart, and Hands Method**

**Head: *What Does This Passage Teach?***

Ask Head questions from the passage:

- Who are the characters?
- What is taking place / what is the central idea?
- What are the repeated words or phrases?
- Where is this taking place?
- When is it taking place?
- How does this passage connect to the one before it and after it?
- Why did the Holy Spirit put this in the Bible?

**Heart: *What Is God Saying To Me?***

Ask Heart questions from the passage:

- How do you think each of the characters were feeling?
- How does this passage make you feel?
- What is God is speaking to you about from this passage?

**Hands: *What Does God Want Me To Do?***

Ask Hands (Application) questions from the passage:

Use the SPECK method

Are there **SINS** to avoid

Are there **PROMISES** to claim

Are there **EXAMPLES** to follow

Are there **COMMANDS** to obey?

Is there **KNOWLEDGE** to pursue?

As a result of this passage I will

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(make this specific and measurable)

The Lord may call you to continue meeting with this new church for a period of time (6 months to 2 years), until the group has its own leader to care for it. If a qualified leader is appointed earlier on in the church plant, you may begin to exit after you have taught these new believers how to feed on God's Word for themselves. However, you will want to keep in touch and be available to them when they run into problems or questions as they seek to live out their new lives in Christ.

# MAWLS

**MAWLS** is an acronym that stands for:

**Model** – take a new disciple with you as you prayer walk, share your story and Jesus’ story, and come back to tell stories and teach the 7 commands of Christ

**Assist** – after you have modeled Fishing, let them try it, while you assist them, when they run into trouble.

**Watch** – after you have assisted them for a while, have them Fish, while you just watch. Afterwards, give them encouragement and suggestions for improvement.

**Leave** – once this new disciple has become competent and confident in Fishing, it is time for you to leave, and let him train up a new believer in the same process.

**Stay in touch** – it is important that you stay in touch with this disciple, so that you can help him in the future with any problems he may run into.