

PATHMARK · COURSE THREE

THE DOCTRINE OF

Discipleship

Growing in Christ over a lifetime

And he said to all, "If anyone would come after me, let him deny himself and take up his cross daily and follow me."

LUKE 9:23 · ESV

A disciple is one who has heard Christ's call and is following Him. You are not making yourself a disciple. Christ is. Your job is to follow.

MAYFLOWER CHURCH · KINGSTON, MASSACHUSETTS

FIVE DISCIPLINES OF A DISCIPLE

Foundation: Christ's call · Goal: maturity in Christ

Five sides for the natural shape of a life surrendered to Christ.

GOAL: MATURITY IN CHRIST

"...that we may present everyone mature in Christ." (Col. 1:28)

LEARNING

Doctrine

OBEYING

Practice

IMITATING

Example

Follow Me

LUKE 9:23

PERSEVERING

Endurance

MULTIPLYING

Mission

FOUNDATION: CHRIST'S CALL

"Come, follow me." (Matt. 4:19)

1 · LEARNING Sit at Christ's feet under the Word; devoted, sustained attention to truth.

2 · IMITATING Copy the pattern of Christ and faithful believers; walk with the wise.

3 · OBEYING Be a doer of the word, not a hearer only; love proved in obedience.

4 · PERSEVERING Run the long race; lay aside every weight; fix your eyes on Jesus.

5 · MULTIPLYING Entrust what you have heard to faithful men and women who can teach others.

Where am I weak. Where am I growing.

Be honest. The Spirit grows what we are willing to see.

LEARNING *Am I sitting under the Word in a real rhythm — Sunday and daily?* ☐ ☐ ☐ weak / growing / strong

IMITATING *Whose life am I watching closely? Whom am I learning to live by?* ☐ ☐ ☐ weak / growing / strong

OBEYING *Where do I know Christ commands me and I am not yet keeping it?* ☐ ☐ ☐ weak / growing / strong

PERSEVERING *Are my rhythms — prayer, Scripture, gathering, rest — sustaining me?* ☐ ☐ ☐ weak / growing / strong

MULTIPLYING *Am I investing in someone behind me on the path?* ☐ ☐ ☐ weak / growing / strong

Which one will I grow in this season?

Disciples are made by other disciples.

Write two names. Take one step toward each in the next thirty days.

SOMEONE WHO COULD DISCIPLE ME Name _____ First step (a text, coffee, meal) _____ When _____	SOMEONE I COULD INVEST IN Name _____ First step _____ When _____
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RHYTHM CARD · THE WEEK OF A DISCIPLE

Five baseline rhythms that hold a disciple's week together.

WORD	PRAYER	GATHERED WORSHIP	REST	COMMUNITY
Ten minutes daily. A gospel a month is achievable.	Morning and evening, however briefly. Pray Scripture back to God.	The Lord's Day at Mayflower. Sing. Confess. Receive the Supper.	Sabbath rhythms. Sleep. The body matters.	One meaningful conversation. Bear someone's burden this week.