

## WEEK SIX, DISCIPLE MAKING

### Chapter 4, “No Pain, No Gain: Spiritual Exercises”, *Growing Up*

There is a cost involved in discipleship. However, that cost goes both ways.

If you **get serious** about being a disciple of Jesus, **it will cost you**.

- Some of the time normally spent watching television or on your favorite hobby will now need to be invested on spiritual disciplines such as reading the Word of God, praying, Scripture memory, journaling, and investing in relationships with believers and non-believers.
- Some of the disciplines that have become a part of your life will need to be intensified if you want to be a true New Testament disciple. Instead of reading the Bible, you'll need to also study it. Instead of memorizing, you'll need to also meditate on the Word. Instead of being merely kind or polite toward others, you'll need to develop an involved love. Instead of being a person who just responds to others, you'll need to become a leader.

If you **don't get serious** about being a disciple of Jesus, **it will cost you**.

- You'll live with regret as you realize that you never truly lived out the fullness of The Great Commission. I have had several groups tell me that Robby's question in chapter three, *How many people have you personally disciplined who are now repeating the process in others?* was one of the most convicting questions, one of the most sobering realizations they'd ever had. Many had to admit that after decades of being a Christian, there was not one person they had ever disciplined, much less who had disciplined others.

As you are encouraging the people in your groups to be disciplined, challenge them to count the cost of discipleship **and the cost of not being a disciple**. Years ago, Fram Oil Filter had a commercial that reminded people not to put off getting their oil changed regularly. The commercial showed a mechanic standing below a car with an oil filter in his

hand. His memorable line was, “You can pay me now, or pay me later.” Pay the cost of being a disciple and a disciple maker now—before it’s too late.

The following questions are given to aid you as you lead the discussion this week and apply the truths from Chapter 4. It is not imperative for you to use these questions or to cover all of them.

- Robby writes, “In the same manner that we train our bodies, we should discipline our inner man” (Page 52). **How consistent are you about the disciplines of life: your finances, eating properly, exercise? How has discipline or a lack of discipline in some areas shaped your life?**
- “Godliness is neither quickly nor easily attained. Author Jerry Bridges comments on its demands, saying “This pursuit requires sustained vigorous effort. It allows for no laziness, no half-hearted commitment. In short, it demands the highest priority in a Christian’s life” (Page 53). **Is this type of pursuit of godliness reflected in most of our churches? Is it reflected in your life?**
- Robby lays out some very important questions, **“Do you have spiritual goals for your Christian life? Have you sat down this year and written out your spiritual objectives? What do you want to become for the glory of Christ?” (Page 57).** The adage, “If you aim at nothing, you’ll hit it every time,” is a pertinent truth to be said here.
- **Ask, “Specifically, how will you live differently because of the truth you have been exposed to this week?”**

Our verse next week is Matthew 7:7.