

The 3 Keys of Discipleship

This lesson will teach you three keys that must be part of every discipleship relationship.

Discipleship is a very powerful means of transforming the world around us... but in order to unlock the power of discipleship, three important keys must be present in every discipleship relationship. These keys are what keep discipleship from simply becoming one more meeting, coffee shop hangout, or book study.

The three keys to discipleship are very simple. Look UP - Look IN - Look OUT.

Look Up

Mark 12:30

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

The first key to discipleship focuses on building one's personal relationship with God. As we reviewed in Lesson One, "Starting a Discipleship Relationship," the main goal of discipleship is to teach people to obey what Jesus commands (Matthew 28:18-20). In order for a person to understand what Jesus commands, they must be growing in their relationship with God.

Jesus' disciples wanted to grow in their relationships with God. They came to Jesus and asked him an important question:

Luke 11:1

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray..."

This key of discipleship is called "Look Up" because we are training disciples to look towards Jesus and build their personal relationship with Him.

How you will "Look Up" in discipleship:

1. You will learn how to begin your personal relationship with God (See Lesson 4, "Salvation").
2. You will learn to have FaceTime, which is daily time seeking God in prayer and Bible Study (See Lesson 5, "FaceTime").
3. You will begin and end each discipleship meeting with a time of prayer.

Look In

Matthew 6:22-23

"The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!"

Read Matthew 5:3-10 in the Bible as you continue your discussion.

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Discipleship Lesson 2

Jesus also trained his disciples to look inside at their heart attitudes and to commit to living a life holy and pleasing to him.

Discussion Question: What do Matthew 6:22-23 and Matthew 5:3-10 teach us about the kind of attitude that Jesus wants us to have?

The next key to discipleship is called “Look IN.” In this key we are sharing our struggles and examining our actions, speech, thoughts and attitudes measured by Jesus’ standards.

How you will “Look In” in discipleship:

Most people have areas in their lives where they are growing in purity and Christ-likeness. Discipleship is an important means of encouraging one another in these areas and holding one another accountable. Here are a few questions commonly used for the purpose of holding each other accountable:

1. *Have you spent daily time in the Scriptures and in prayer?*
2. *Have you had any flirtatious or lustful attitudes, tempting thoughts, or exposed yourself to any explicit materials which would not glorify God?*
3. *Have you been completely above reproach in your financial dealings?*
4. *Have you spent quality relationship time with family and friends?*
5. *Have you done your 100% best in your job, school, etc.?*
6. *Have you told any half truths or outright lies, putting yourself in a better light to others?*
7. *Have you taken care of yourself through daily physical exercise and proper eating/sleeping habits?*
8. *Have you allowed any person or circumstance to rob you of your joy?*
9. *Have you lied to us on any of your answers today?*

Discussion Question: In what areas above (or other areas) do you need to be held accountable?

Look Out

The final key to discipleship is learning to “Look OUT” by starting to make disciples and learning to share the the message of Jesus with others.

Review Matthew 28:18-20 again. How did Jesus expect us to “Look OUT”?

Philemon 1:3

I pray that you would be active in sharing your faith, so that you would know every good thing you have in Christ.

The two verses above show us the two means of “Looking OUT” we want to have as disciples - 1) Sharing our Faith with others 2) Making other disciples.

How You Will “Look Out” in Discipleship:

1. You will learn how to share your faith and practice with your discipler (see Lesson 6).
2. You will be challenged to disciple another person that is seeking Jesus (see Lesson 1).
3. You will begin a lifestyle of more intentionally serving others as Jesus transforms you.

Closing Application

Questions:

Who are you praying about discipling?
Who have you initiated a discipleship relationship with?
Where do you feel stuck in making disciples?
Who is an unbeliever you are praying for?

Every discipleship appointment can include one or all of these keys. The most effective disciplers maintain a healthy balance of training in LOOK UP, LOOK IN and LOOK OUT.