



# **SANCTIFIED DISCIPLESHIP**

PROMOTING SPIRITUAL FORMATION IN DISCIPLES OF CHRIST



# SANCTIFIED DISCIPLESHIP PRINCIPLES & PRACTICE



SEPTEMBER 2015  
NORFOLK VA

GUIDING  
CONVICTION

ONE  
TWO



THREE



FOUR



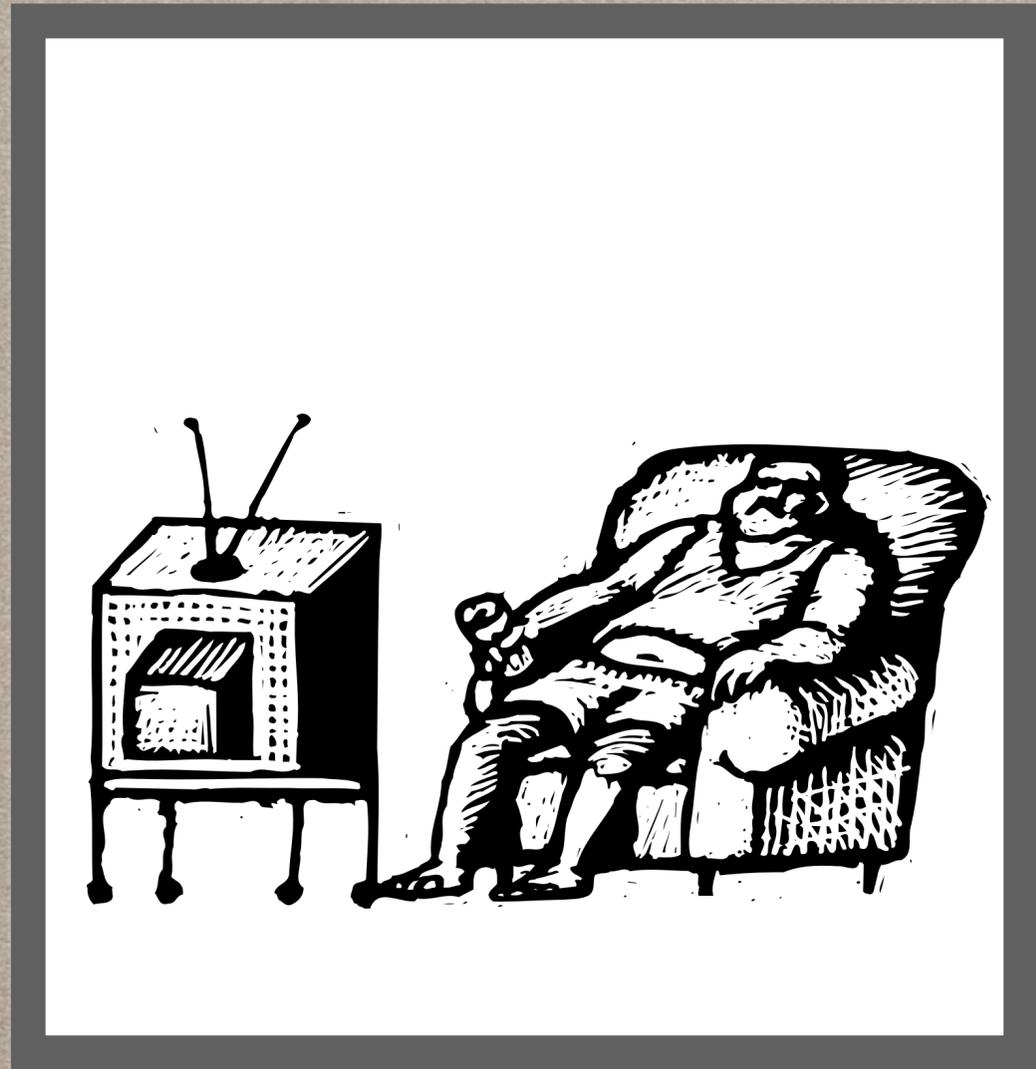
FIVE



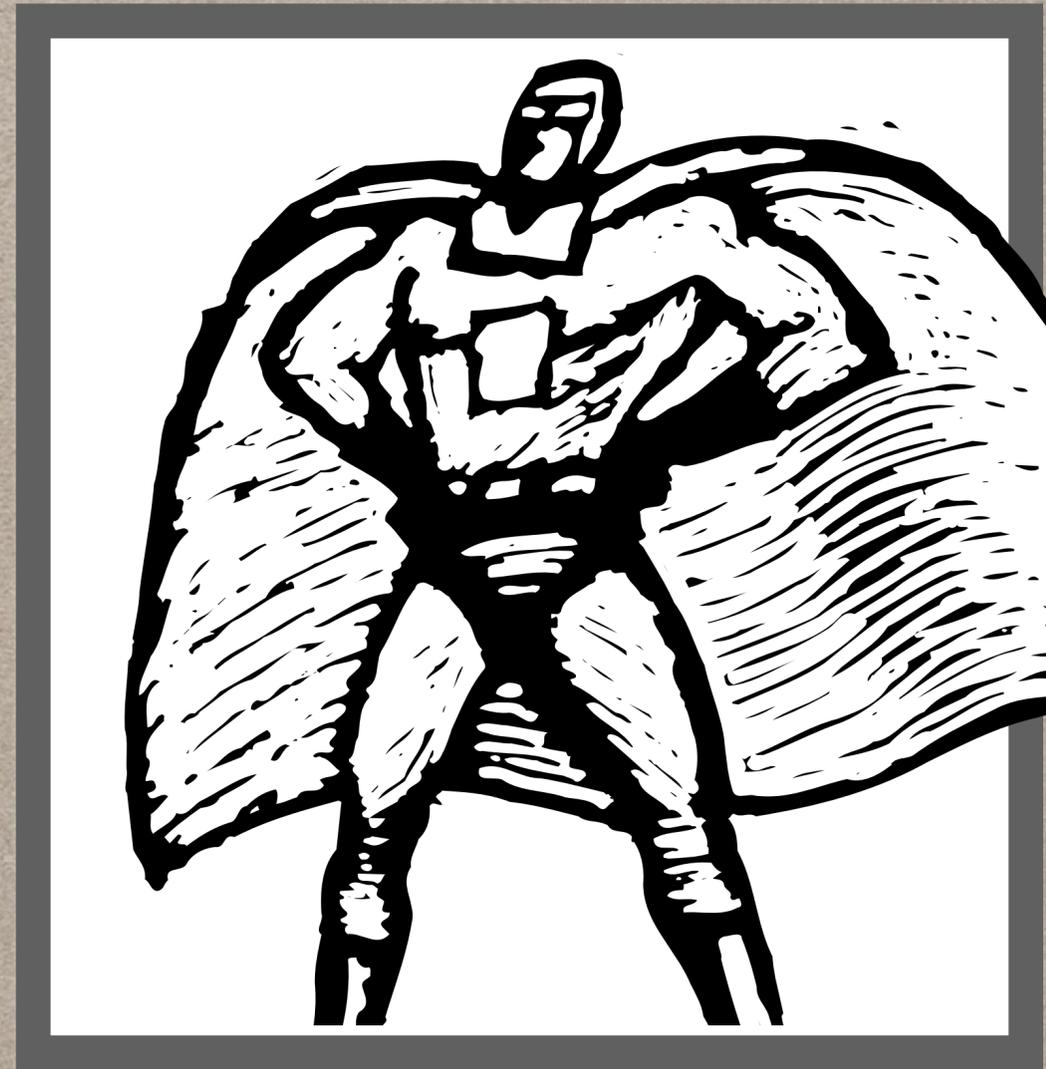
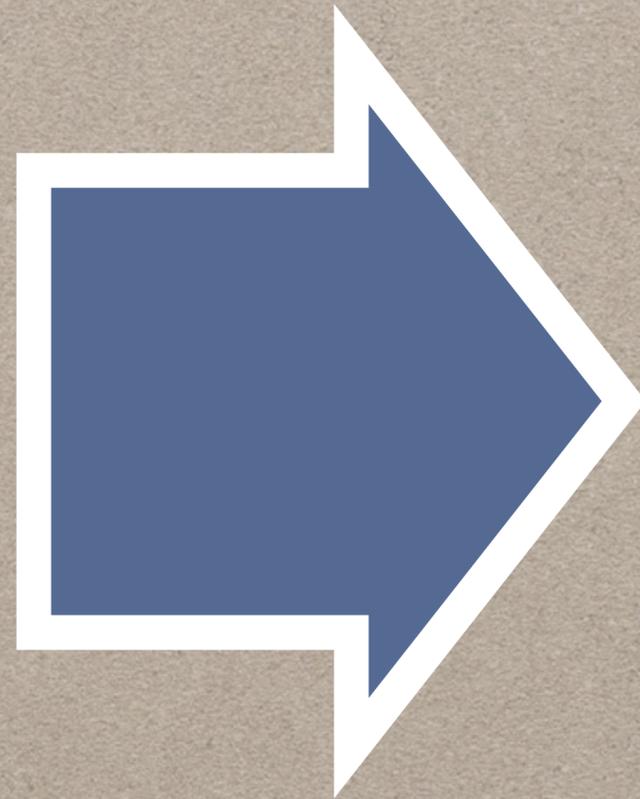
ONE 

YOU'RE KIND OF A BIG DEAL

# THE AMAZING DISCIPLE



BEFORE

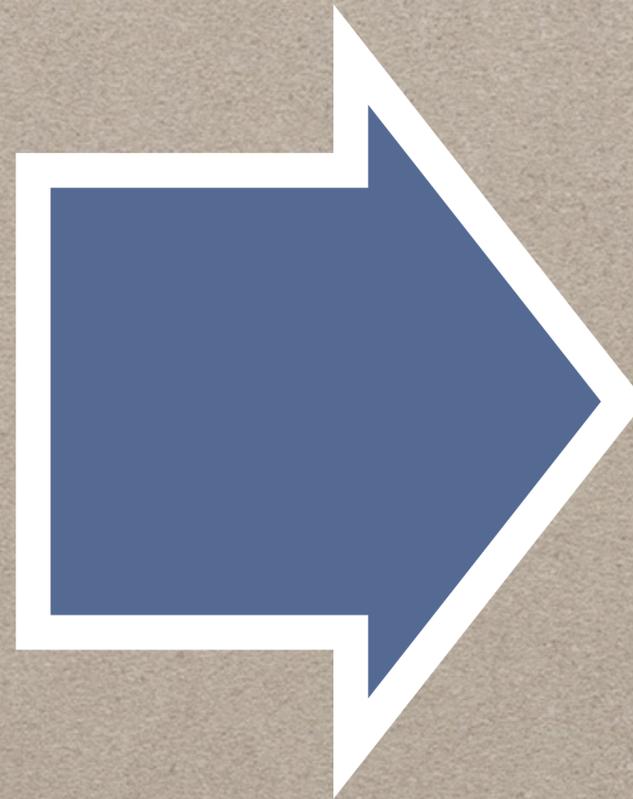


AFTER

# OVERESTIMATED AND UNDERESTIMATED

- 1 Cor 6:9-10
- Ephesians 2:1-3
- Ephesians 4:17-19
- 2 Cor 4:3-4

BEFORE



- 1 Cor 6:11
- Ephesians 2:4-5
- Ephesians 4:22-24
- 2 Cor 4:5-6

AFTER

# ἐλέγχω *elencho*

“to show someone his sin and to summon him to repentance.”

*William Arndt, F. Wilbur Gingrich, Frederick W. Danker and Walter Bauer,  
A Greek-English Lexicon of the New Testament and Other Early Christian Literature*

TWO 

YOU'VE GOT WHAT IT TAKES

“No longer will they teach their neighbor, or say to one another, ‘Know the Lord,’ because they will all know me, from the least of them to the greatest,” declares the Lord. “For I will forgive their wickedness and will remember their sins no more.”

(see also Hebrews 8:10-11)

1 JOHN 2:27 | 1709

“As for you, the anointing you received from him remains in you, and you do not need anyone to teach you. But as his anointing teaches you about all things and as that anointing is real, not counterfeit—just as it has taught you, remain in him.”

A silhouette showing the progression of human evolution from an ape-like creature to a modern human carrying a cross.

**THREE**

BUT GOD'S NOT NEARLY DONE WITH YOU

2nd Corinthians 3:18

“And we all, who with unveiled faces contemplate the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.”



“He is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ. To this end I strenuously contend with all the energy Christ so powerfully works in me.”

Galatians 4:19 | 1067

“My dear children, for whom I am again in the pains of childbirth until Christ is formed in you”

# PROGRESSIVE SANCTIFICATI ON

2CORINTHIANS 7:1

ROMANS 6:19-22

1THESSALONIANS 4:3-7

1THESSALONIANS 5:23

HEBREWS 2:1

HEBREWS 10:14

JOHN 17:17

# THREE



# ULTIMATE SANCTIFICATION

EPHESIANS 5:26-27  
COLOSSIANS 1:22  
1THESSALONIANS 3:13



THREE



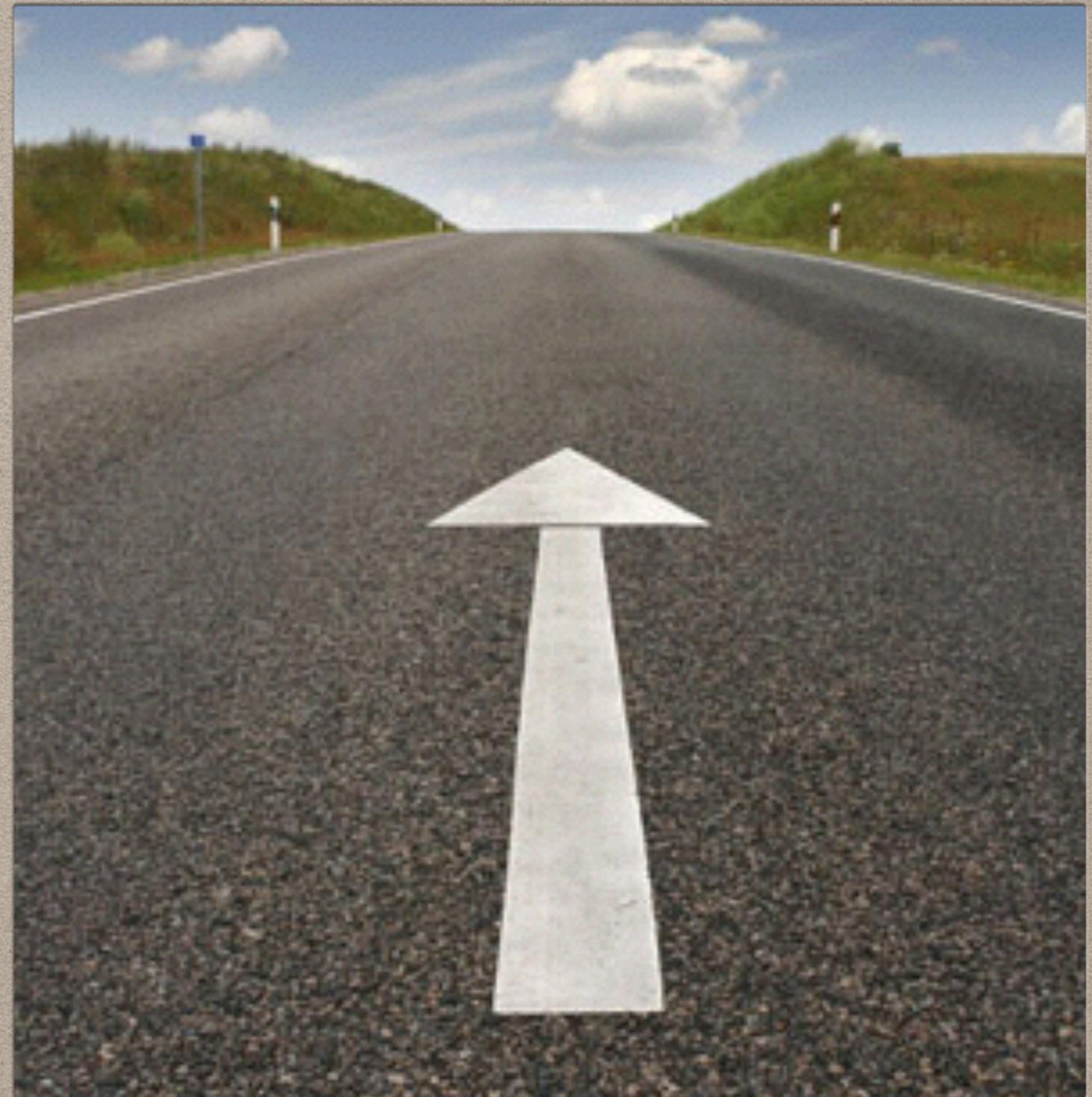
# FOUR



WHEN IT'S TIME FOR COURSE CORRECTION,  
THE CORRECT COURSE IS FORWARD

# META·NOIA

CHANGE WITH AN  
EMPHASIS ON THE  
"AFTER" RATHER THAN  
THE "BEFORE"





Problem City

City On  
A Hill



“Repent for the Kingdom of Heaven is near.”

-Jesus Christ

# FIVE?

JESUS DISCIPLINED IN THE MOMENT WITH  
QUESTIONS, IMITATION, AND ASSIGNMENTS

# JESUS' QUESTIONS

Mark 2:5-12. Which is easier to say...?

Mark 3:1-5. Which is lawful?

Mark 3:33. Who are my mother and brothers?

Mark 4:37-41. Why are you so afraid?

Mark 6:2-3.

Mark 8:14-21. How many basketfuls? Understand?

Mark 8:27-29. Who do you say I am?

Mark 10:2-3. What did Moses command you?

Mark 10:36-38. Can you drink the cup?

Mark 11:27-33. John' baptism...?

Mark 12:13-17, 35-37.

Luke 7:40-50

Luke 10:25-37

John 6

John 21



**“It’s easier to say your sins are forgiven than to say pick up your mat and walk, because then the man will actually have to pick up his mat and walk.”**

**-Jesus Christ**



**“Which is easier: to say your sins  
are forgiven or to say pick up your  
mat and walk?”**

-Jesus Christ

**“I am the Messiah.”**

-Jesus Christ

**“But what about you; who do you  
say that I am?”**

-Jesus Christ

**“The bigger debtor will love him more.”**

-Jesus Christ

**“Now which of them will love him  
more?”**

-Apostle Paul

**“Do not continue to sin so that  
grace may increase.”**

-Apostle Paul

**"Should we go on sinning so that  
grace may increase?"**

-Apostle Paul

**“Do not continue to sin  
because we are not under the  
law but under grace.”**

-Apostle Paul

**“Should we sin because we are not  
under the law but under grace?”**

-Apostle Paul

Proverbs 20:5 | 878

“The purposes of a person’s heart are deep waters, but one who has insight draws them out.”



# DISCIPLESHIP TOOLBOX





# DISCIPLESHIP TOOLBOX

TEACHING  
REPROVING  
CORRECTING  
TRAINING

+LISTENING  
+QUESTIONS

*"All Scripture is God-breathed and is useful for  
teaching, rebuking, correcting and training in righteousness"*

*– 2 Timothy 3:16*



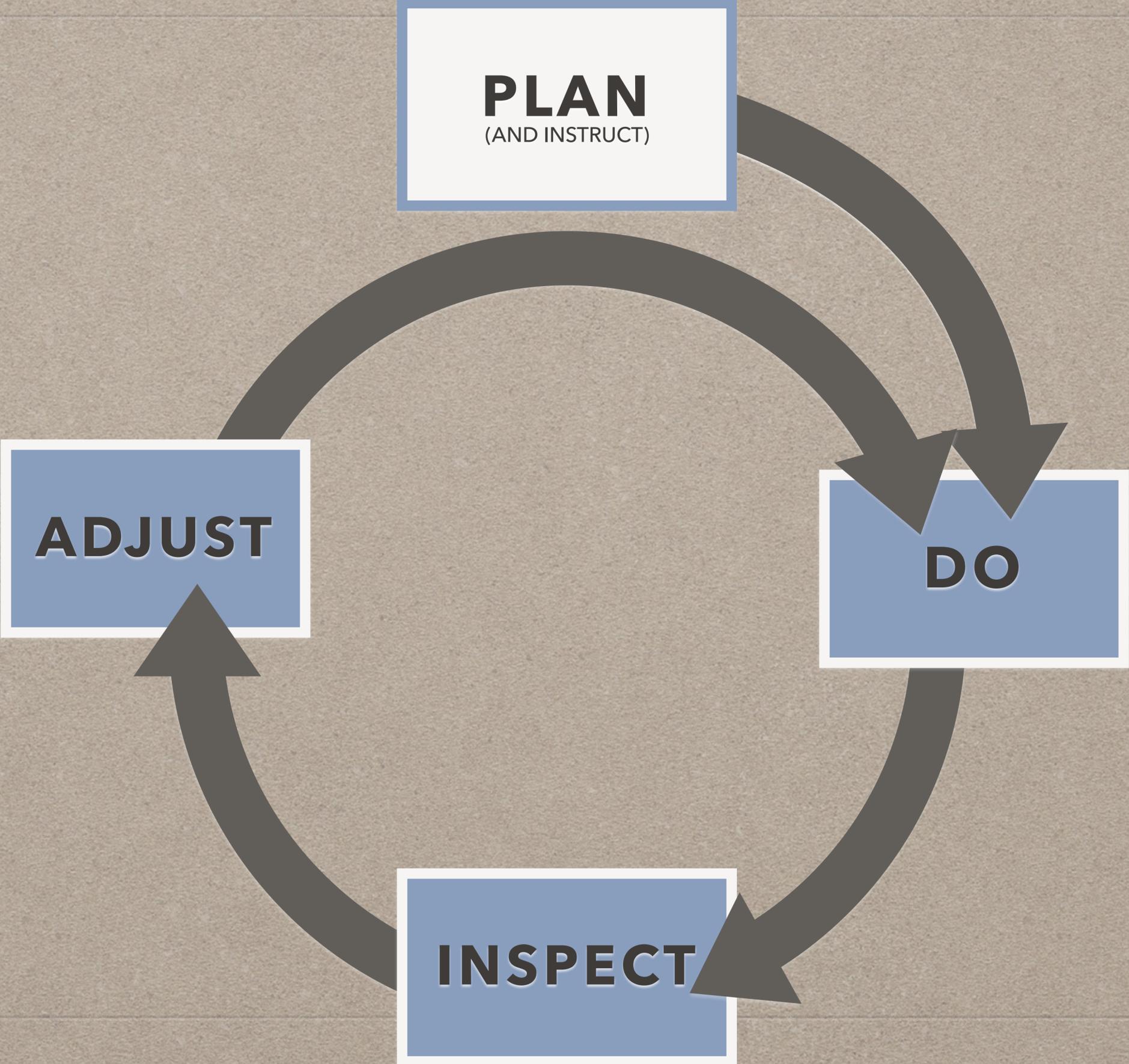
# FIVE GUIDING CONVICTIONS

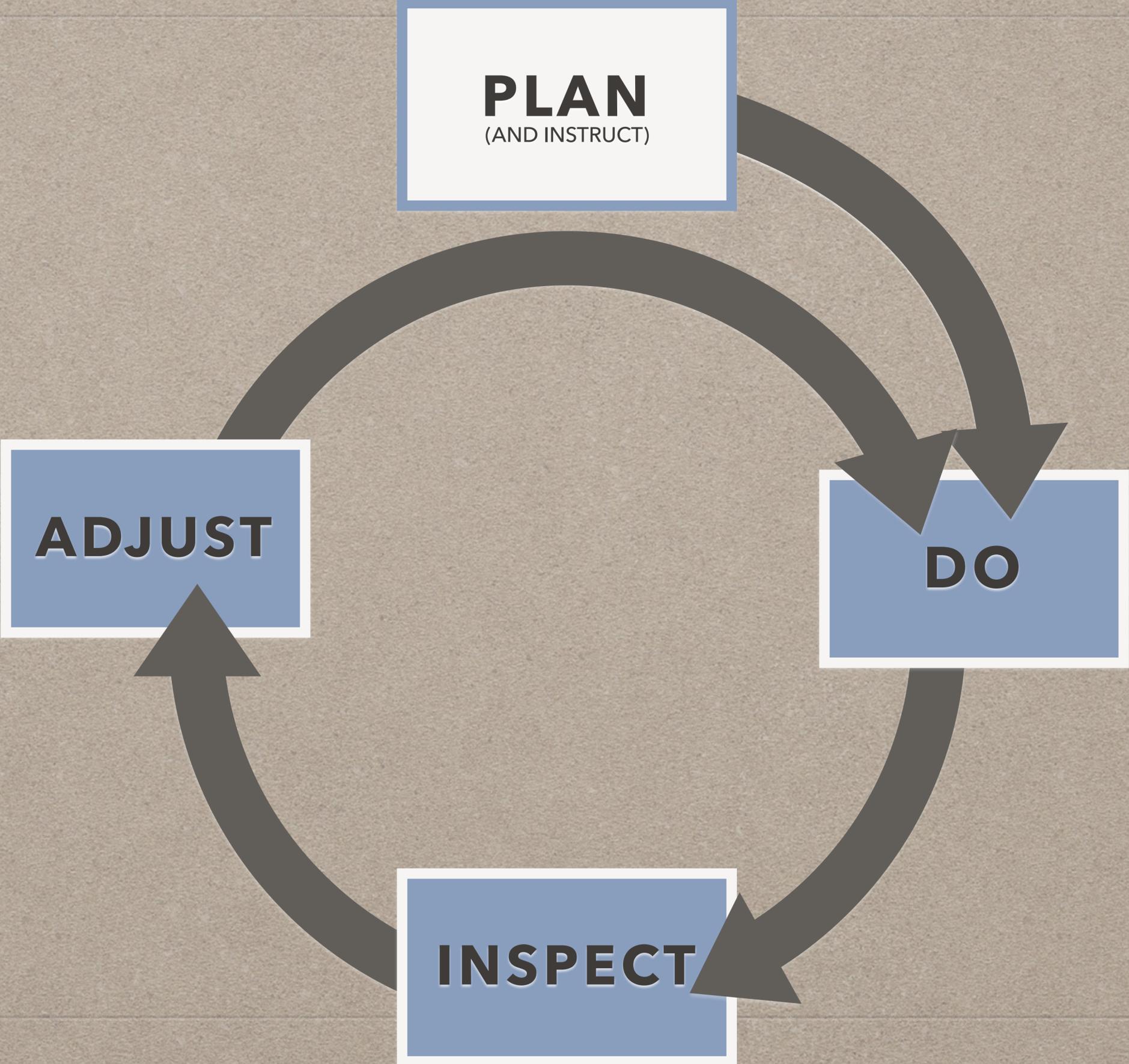
ONE   
TWO   
THREE   
FOUR   
FIVE 

# A TOOLBOX FOR EFFECTIVE DISCIPLINESHIP

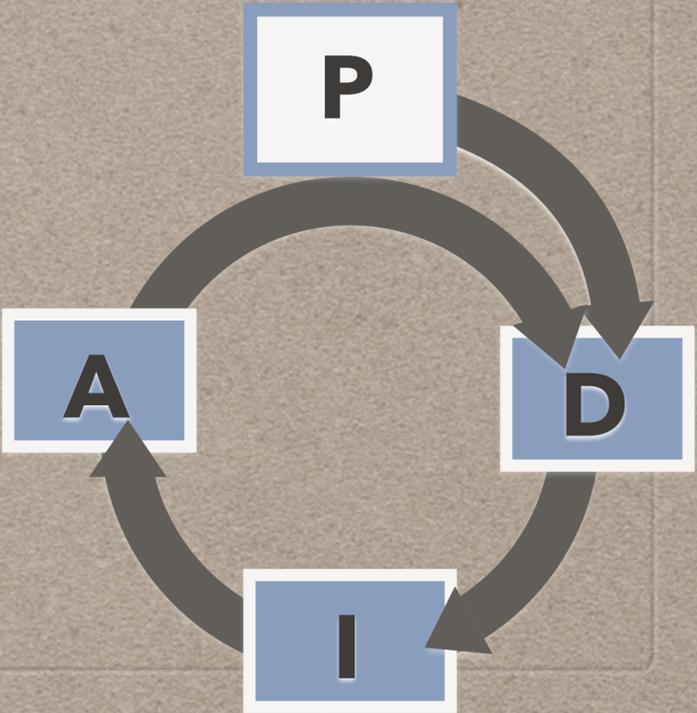
THROUGH SANCTIFIED DISCIPLING







P



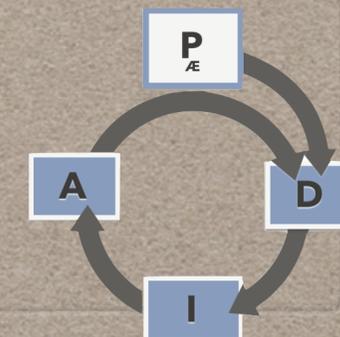
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➔ **TEACH**

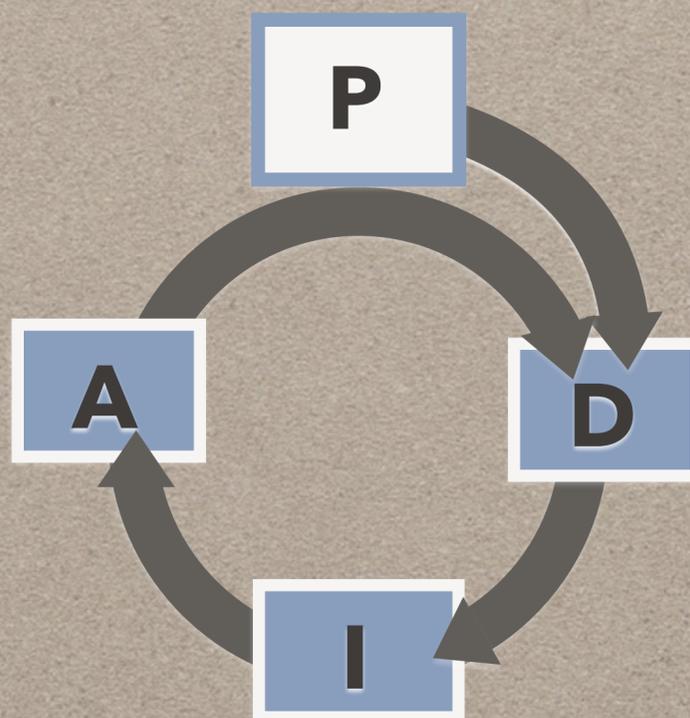
*What&Why | Imagine | Realize | Gauge&Guide*

➔ **LISTEN**

*Listen | Imagine | Realize | Gauge&Guide*

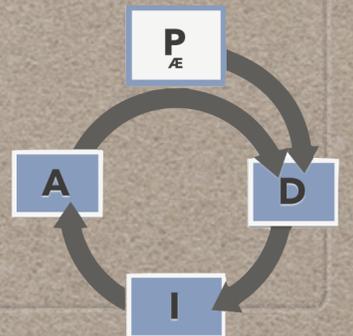


# TEACH



P

# EDUCATE: TEACHING IN DISCIPLESHIP TIMES



**P**

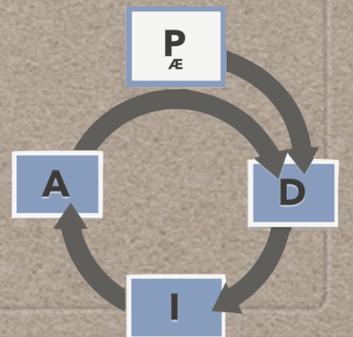
# EDUCATE: TEACHING IN DISCIPLESHIP TIMES

**WHAT**

**WHY**

**HOW**

1. Thoroughly define and discuss "WHAT" is in view here... for example, Humility, Fear of God, Holiness, Compassion of Christ, Submission of Christ
2. Drive home spiritual conviction with a big "WHY" that keeps a focus on God
3. Inspire practical change by clarifying the "HOW" through **IMAGINE – REALIZE – GAUGE&GUIDE**



# 24 TOPICS TO KNOW THOROUGHLY AND TEACH ACCURATELY

1. Increase Faith
2. Marriage & Parenting
3. Divorce & Remarriage
4. Military Service
5. Debt/Stewardship/Tithe
6. Following Jesus
7. Dating
8. Discern God's Will
9. Church Discipline
10. Purity
11. Worldliness
12. Fear vs Faith
13. Anti-Authoritarian
14. Conflict Resolution
15. Koinonia (Church Life)
16. Spiritual Disciplines
17. Work Ethic (& Grace)
18. Advice (& Humility)
19. Godly vs Worldly Sorrow
20. Reproof (v. Rebuke)
21. Encouragement
22. Living before God (fear)
23. Ingratitude/Entitlement
24. Obedience (v. Legalism)

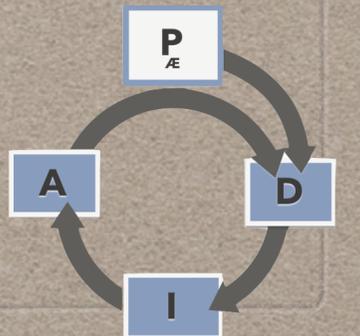


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# INSTRUCT: TEACHING IN DISCIPLESHIP TIMES

## CASE STUDY

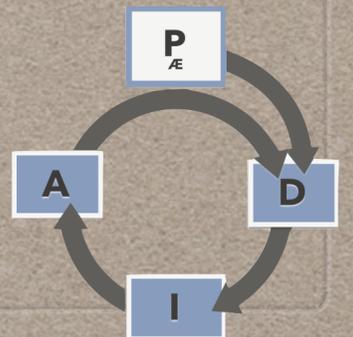
LIVING BEFORE THE FACE OF GOD



# P

# WHAT?

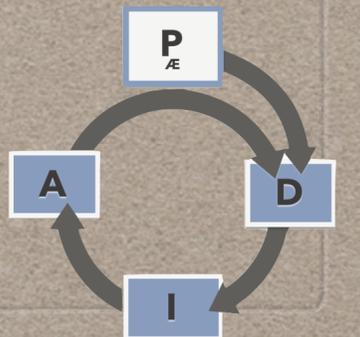
- DEFINE IT via Scripture – careful to emphasize principles over rule-keeping
  - For example: Exodus 3:7, 1Sam 2:3, 2Chron 16:9, Psalm 10:11, Psalm 94:9-11, Psalm 139:1-4, Proverbs 5:2, Isaiah 29:15-16, Hebrews 4:12-13
- ILLUSTRATE IT via Scripture
  - Exodus 3 (God hears Israel's groan), 2 Kings 19 (Lord reassures Hezekiah), Acts 27
- Finally, meditate on Personal Experiences, Case Studies, and Illustrations to reinforce the biblical definition
- Formulate helpful Questions and Assignments that will solidify a disciple's understanding of this biblical teaching
- Difficulty Level: Moderate



**P**

# WHY?

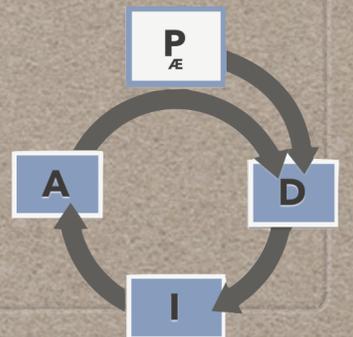
- Look for Scriptures that *instill conviction* about this important biblical teaching
  - For example: Heb 4:12-13, Rom 2:5-16, Prov 24:12
- Reinforce God as the ultimate "Why"
- Formulate helpful Contemplation questions on these Scriptures to reinforce the Spirit's conviction on this teaching
- Difficulty Level: Easy



**P**

# HOW?

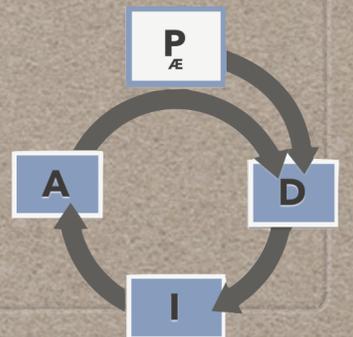
- This is no easy feat! But look for Scriptures that reveal the biblical *process*
  - For example: Matt 6:5-8, 16-18; Col 3:23 (Eph 6:5-7); Eph 5:22, Rom 14:6, Zech 7:5-7, 2Chron 19:6
- Share Personal Testimony and Case Studies
- Encourage this disciple that they have what it takes (God's grace and the indwelling Spirit)
- Offer to walk with this disciple as they learn to master this process
- Difficulty Level: Hard!



# P

# HURDLES?

- Look for Scriptures that warn against the *pitfalls* inherent in this challenge
  - For example: Deut 8:7-9; Ps 106.21; Prov 1:32; 30:9; Ezk 16:10-15
- Share Personal Testimony and Case Studies
- Offer easy communication for the disciple to reach you at crossroads moments where hurdles are present
- Difficulty Level: Easy

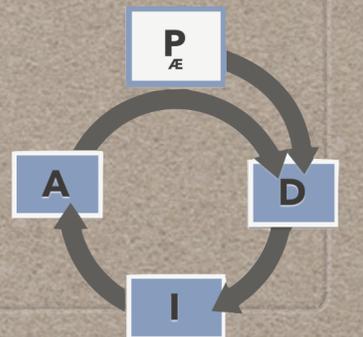


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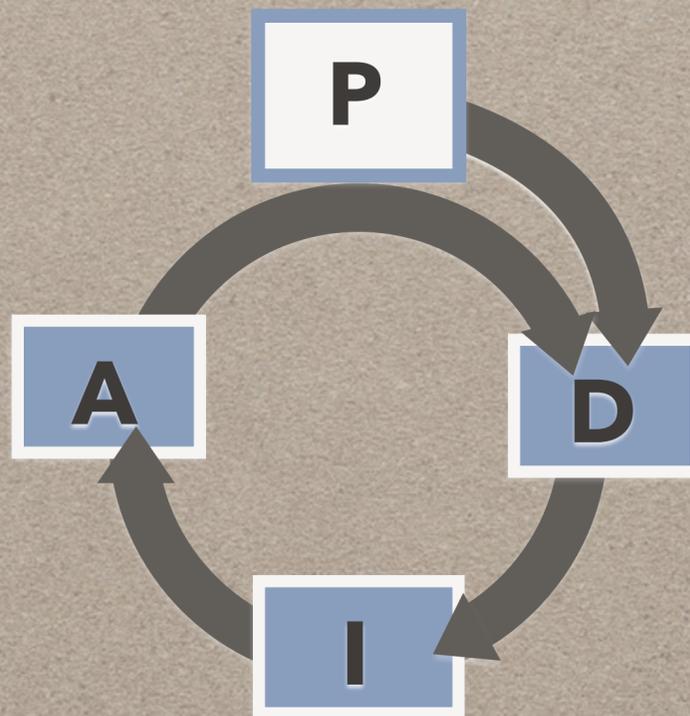
# EDUCATE: DRAWING OUT PURPOSES

# *educare*

"The purposes of a person's heart are deep waters, but one who has insight draws them out." Proverbs 20:5



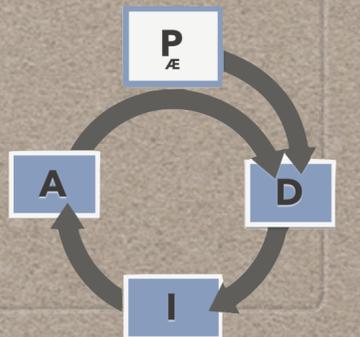
# LISTEN





# EDUCATE: DRAWING OUT PURPOSES

Listen | Imagine | Realize | Gauge&Guide

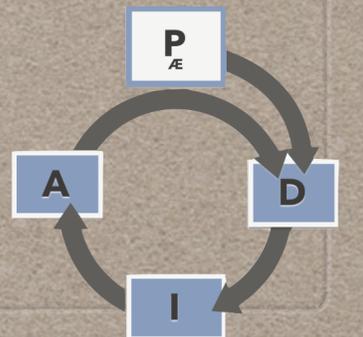




# LISTEN

FOR THEIR BEST HOPE

“WHAT IS YOUR  
BEST HOPE FOR  
OUR MEETING  
TODAY?”





# LISTEN

FOR THEIR BEST HOPE

“WHAT IS YOUR BEST HOPE FOR OUR MEETING TODAY?”



EMPATHIZE

APPLAUD

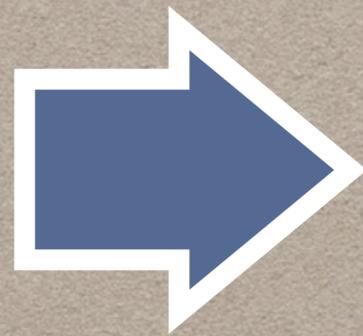
REFRAME

SCRIPTURE



# EMPATHIC PROBING WITH HOPE

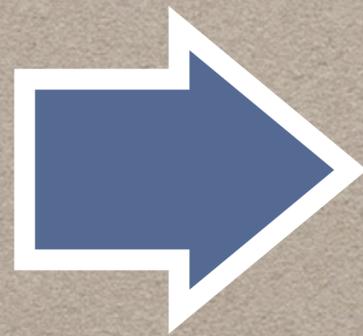
- What's the problem?
- What's wrong?
- Whose fault is it?
- What's the main cause?
- What makes it worse?
- How are you feeling?



- What are you hoping to change?
- What can God do?
- What could prayer do?
- What has the Spirit done for you?
- What are your gifts?
- What does the Bible promise?

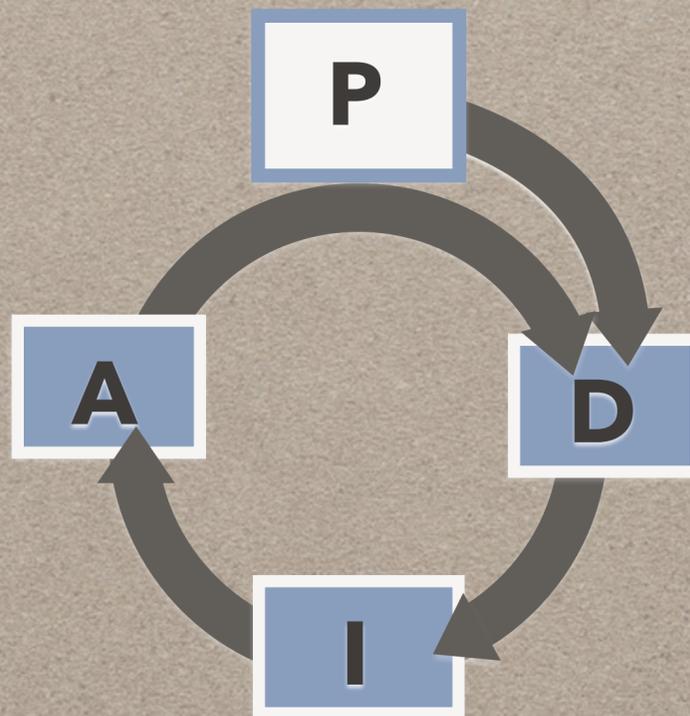
# REFRAMING WITH HOPE

- I just don't feel like I can go on being a disciple
- I don't feel close to anyone
- I'm addicted to porn
- My spouse and I are completely incompatible
- My job/kids/health is so frustrating/overwhelming
- I'm just not seeing fruit



- So you want a closer relationship with God
- You want to have closer friends
- So you want to be pure
- You want real peace with your spouse
- So you want to be more Patient/Loving/Disciplined
- You want to live by faith

# LISTEN



**P**

# IMAGINE

## CHRIST FORMED IN YOU

*“So I’d like to ask you a strange question, it takes a bit of imagination. Let’s suppose that overnight as you sleep (and you sleep well), and as you sleep Christ is truly formed in you [alt. Sanctification is accelerated]. But because you’re sleeping, you have no idea that this spiritual formation has happened. Let’s suppose that tomorrow, after you’ve woken up and began to go about your day and your life, what is it that you might begin to notice that would tell you that this miracle had happened?”*



*Then utilize S.T.A.R. questions to lead the disciple in a guided discovery of a biblically sound future in Christ*

# GUIDED DISCOVERY

**RESPONSIBLE**

John 21:22

**SPIRITUAL**

2Cor 3:18

**S.T.A.R.**

**ACHIEVABLE**

Proverbs 4:18

**TANGIBLE**

Luke 3:8

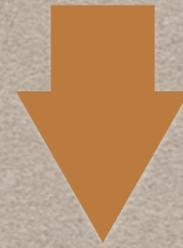


# SPIRITUAL

2Cor 3:18

*“How would that make you more accessible to the work of the Holy Spirit? What difference would that make?”*

# GUIDED DISCOVERY



**RESPONSIBLE**

John 21:22

**SPIRITUAL**

2Cor 3:18

**S.T.A.R.**

**ACHIEVABLE**

Proverbs 4:18

**TANGIBLE**

Luke 3:8



S.T.A.R.

# TANGIBLE

Luke 3:8

*“How would it show itself, when you are ...?”*

*“When you’re not harsh, what will you be doing instead?”*

# GUIDED DISCOVERY



**RESPONSIBLE**

John 21:22

**SPIRITUAL**

2Cor 3:18

**S.T.A.R.**

**ACHIEVABLE**

Proverbs 4:18

**TANGIBLE**

Luke 3:8



S.T.A.R.

ACHIEVABLE

Proverbs 4:18

*“Would that be a big sign or a small sign?  
And so a small sign might be ...?”*

# GUIDED DISCOVERY



**RESPONSIBLE**

John 21:22

**SPIRITUAL**

2Cor 3:18

**S.T.A.R.**

**ACHIEVABLE**

Proverbs 4:18

**TANGIBLE**

Luke 3:8

# RESPONSIBLE

John 21:22



S.T.A.R.

*“And if she started to do that, what would YOU then be doing; what difference would that make?”*

# GUIDED DISCOVERY



**RESPONSIBLE**

John 21:22

**SPIRITUAL**

2Cor 3:18

**S.T.A.R.**

**ACHIEVABLE**

Proverbs 4:18

**TANGIBLE**

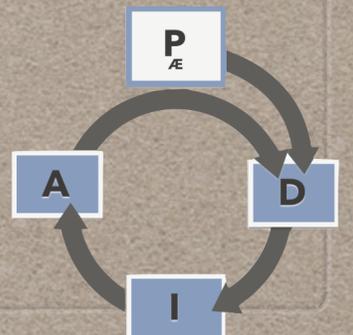
Luke 3:8



# REALIZE

MOMENTS OF HOPE

"SO ARE THERE TIMES—EVEN NOW AND EVEN JUST A LITTLE BIT— WHEN THIS SANCTIFICATION (OR) CHRIST BEING FORMED IN YOU ALREADY SHOWS ITSELF?"



**P**

# REALIZE

## MOMENTS OF HOPE

**"SO ARE THERE TIMES—EVEN NOW AND EVEN JUST ...?"**

*"How did you manage to do that - to wake early for QT?"*

*"What prompting of the Spirit did you follow that helps you to 'serve' on those occasions?"*

*"And what other times has Christ shown himself through you, just a little bit?"*

*"And how have you managed to do that?" "What's different on those days?" "What difference did that make on those days when you did that?"*

*"And you, how have you been able to do your part in this despite everything?"*



# GAUGE & GUIDE

NEXT STEPS TOWARD JESUS



BEGIN WITH A  
HOPEFUL  
STARTING POINT

# GAUGE

BEGIN WITH A HOPEFUL STARTING POINT VIA SCALING

"LET'S SAY ON A SCALE OF 1 TO 10 WHERE 10 IS 'CHRIST FORMED IN YOU' (OR SANCTIFICATION HAS BEEN REALIZED) AND 1 IS THE OPPOSITE, WHERE WOULD YOU PUT YOURSELF ON THIS SCALE THESE DAYS?"



*"And how come it's a six and not lower?"*

*"If your spouse were here and I asked her where you were on this scale, what would she say?" "And what do you see that tells you that you are a little bit higher that she doesn't see yet?" IF SHE SEES HIGHER - "And what does she in you that places you higher on the scale than you report?"*

Proverbs 4:18 | 786

“The path of the righteous is like the morning sun, shining ever brighter till the full light of day.”

# GUIDE

## NEXT STEPS TOWARD CHRIST

- “What would be the next small but meaningful sign that you were moving up on this scale?”
- “How would you notice that you were moving up even just a little on this scale?”
- “Suppose you had moved up to a 6.5 or 7, how would you notice this?”
- “How would you notice that things were just a little bit better?”



# GUIDE

NEXT STEPS TOWARD CHRIST

## Noticing Tasks

**NOTICING:** Notice when things went well, what was different, how it happened, and the difference that it made.



## Doing Tasks

**DOING:** Act as if the miracle had already occurred during a certain period of time.

# OPTIONAL IDEA

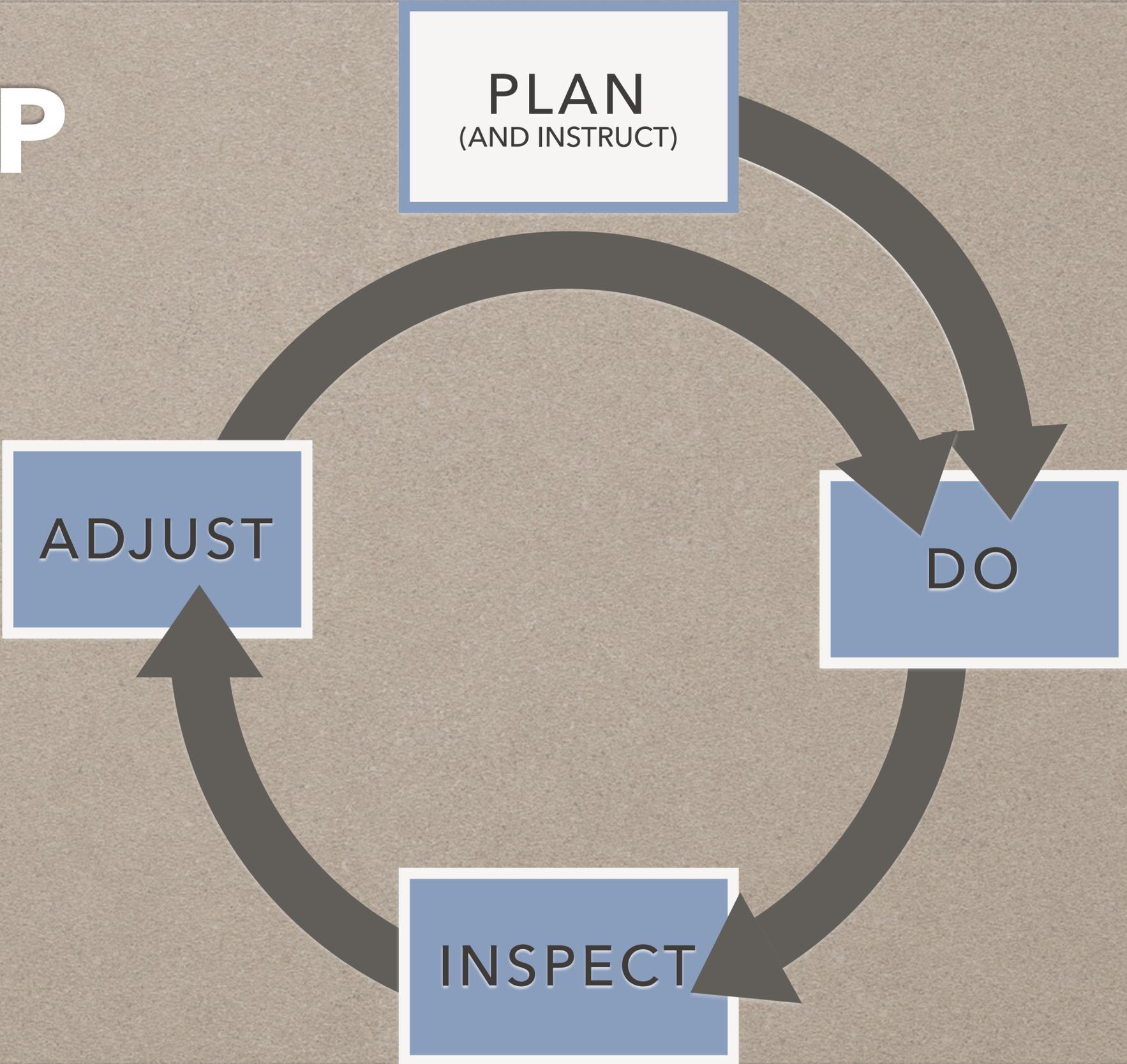
REINFORCE MOTIVATION VIA SCALING

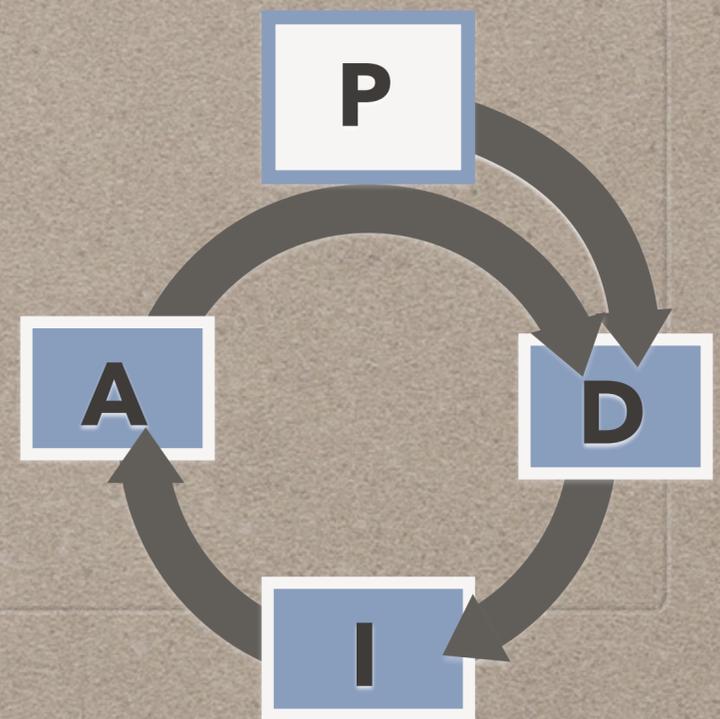
*"On a scale of 1 to 10, where 10 is you are very firmly committed to this direction or choice and 1 is the opposite, where would you be today?"*

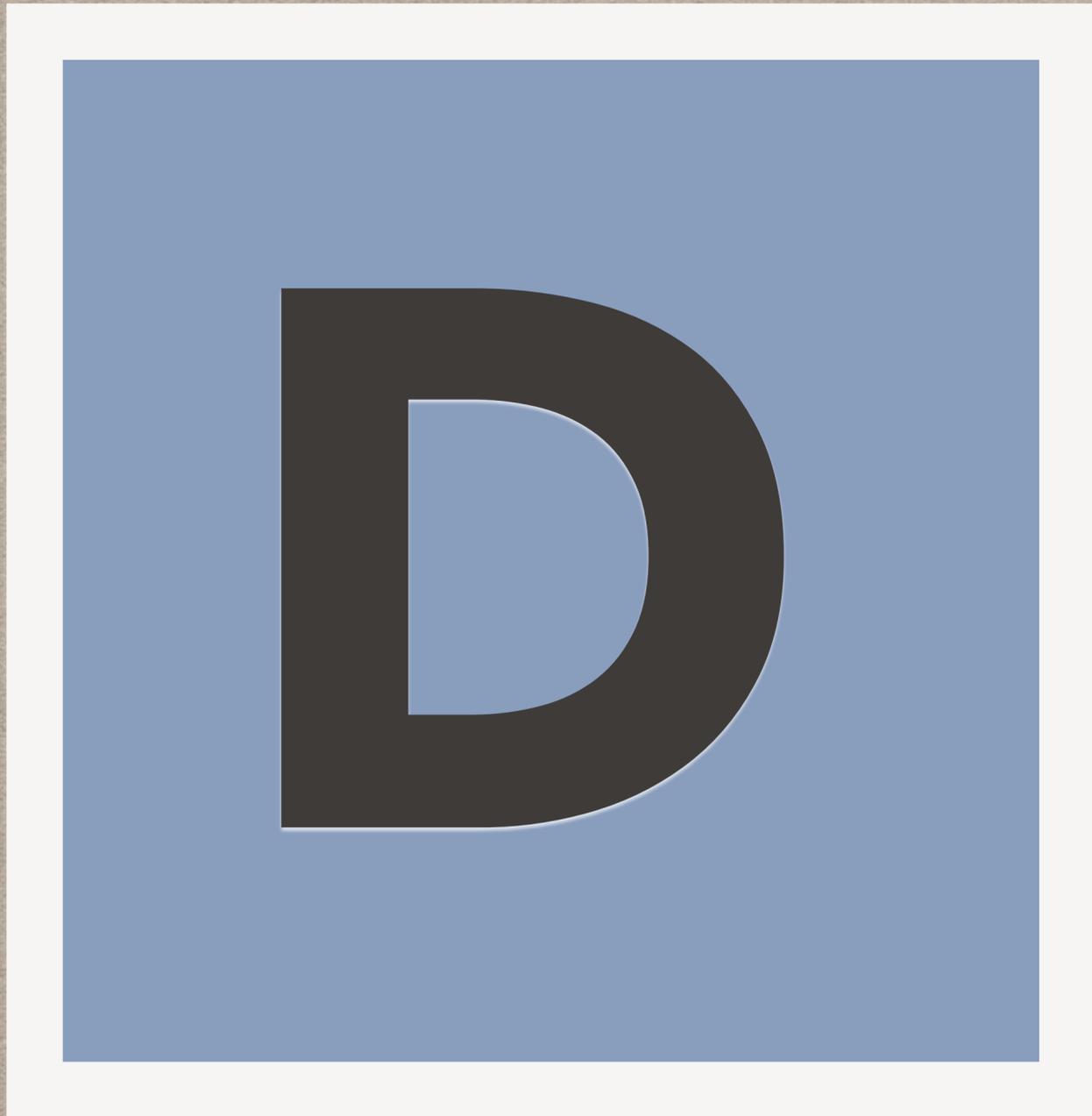


**TRAIN**

# DISCIPLESHIP & TRAINING





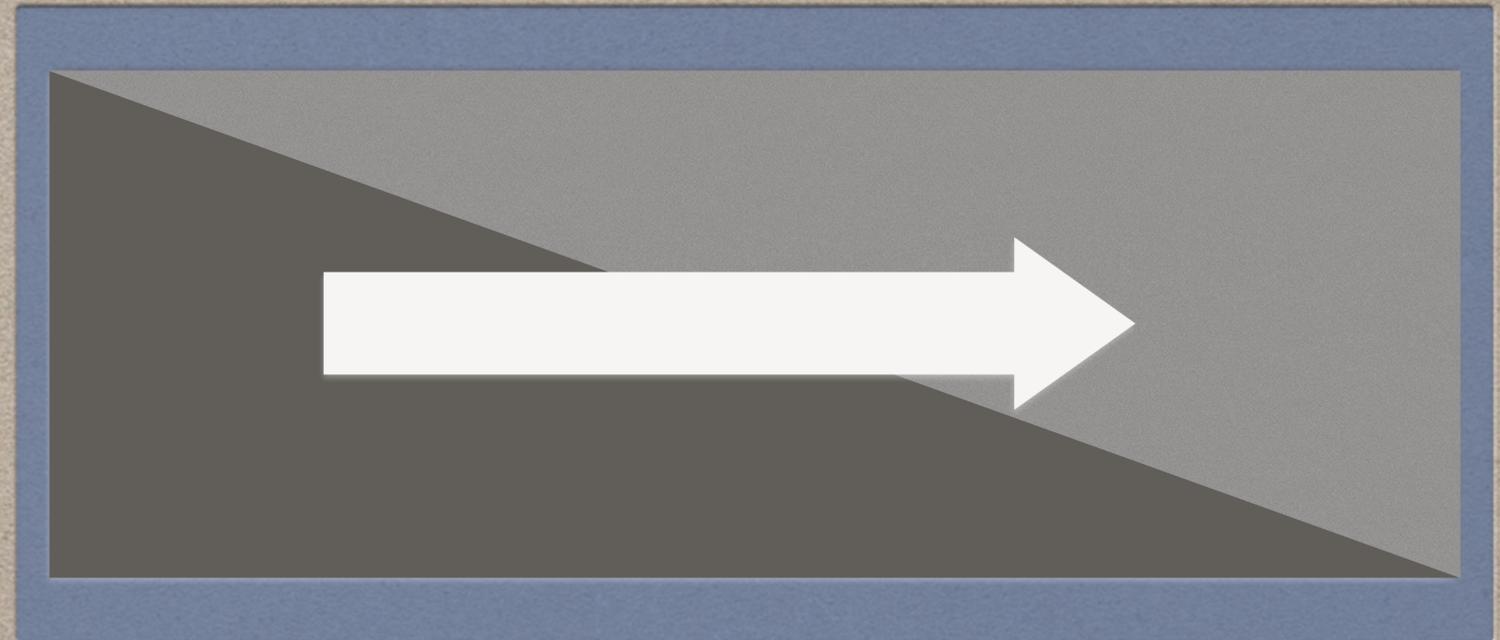


**YOU  
WATCH**

**YOU  
HELP**

**YOU  
LEAD**

**YOU  
DO**



**I  
DO**

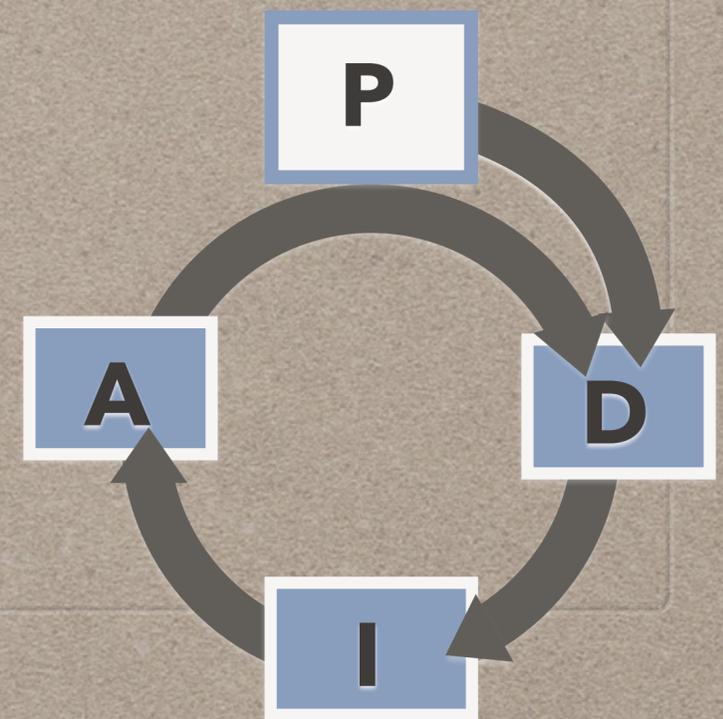
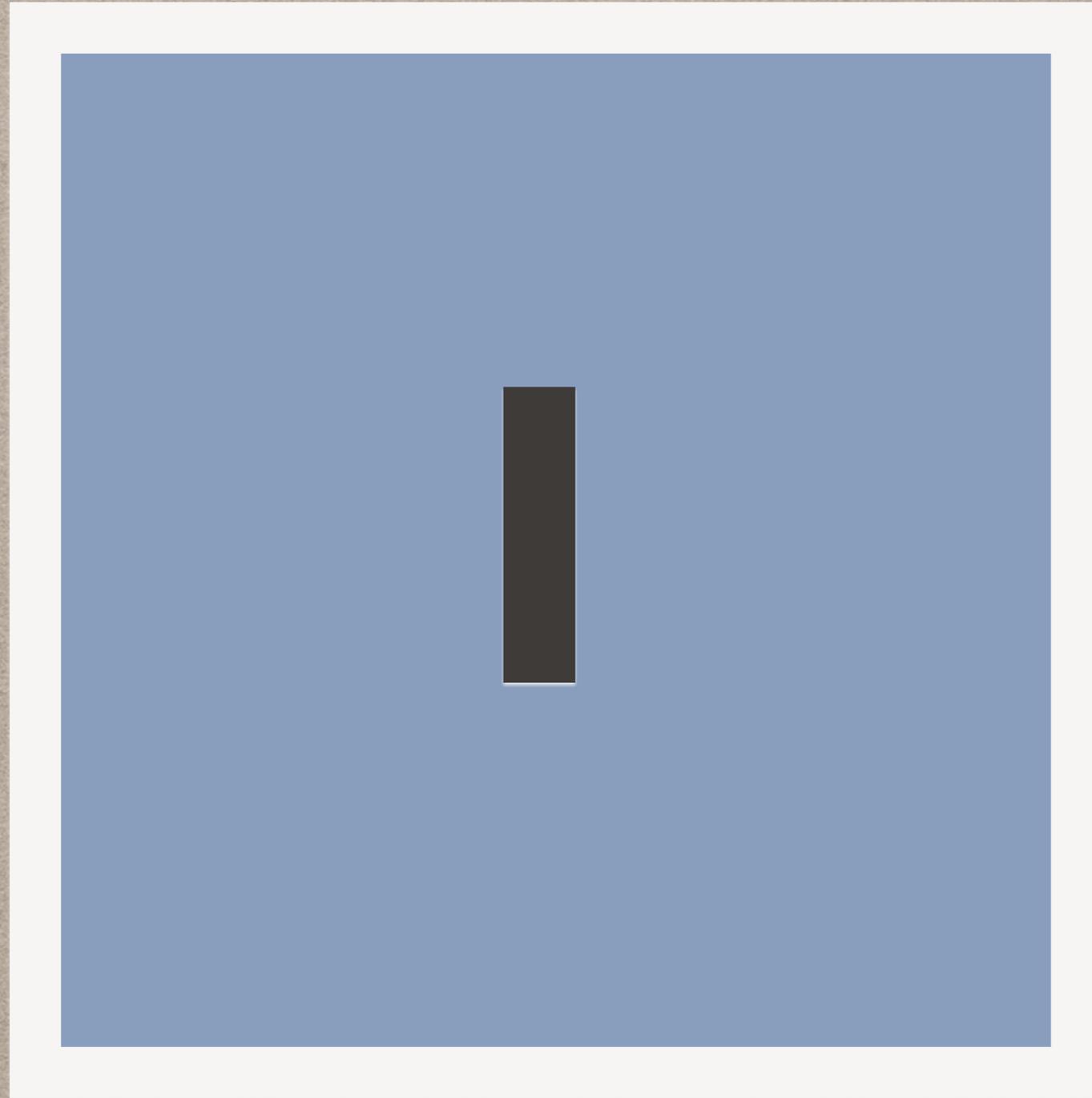
**I  
LEAD**

**I  
HELP**

**I  
WATCH**

Luke 5:1-31

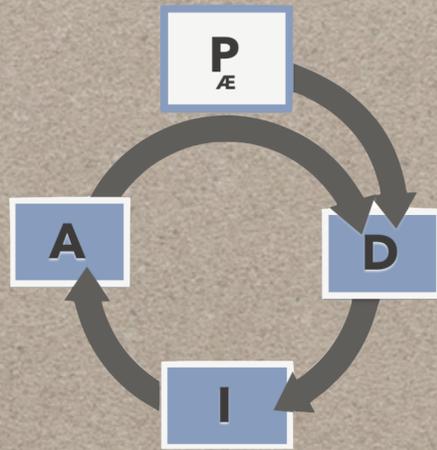
Luke 9:1-43,  
10:1-23



# INSPECT

## “WHAT’S BETTER?”

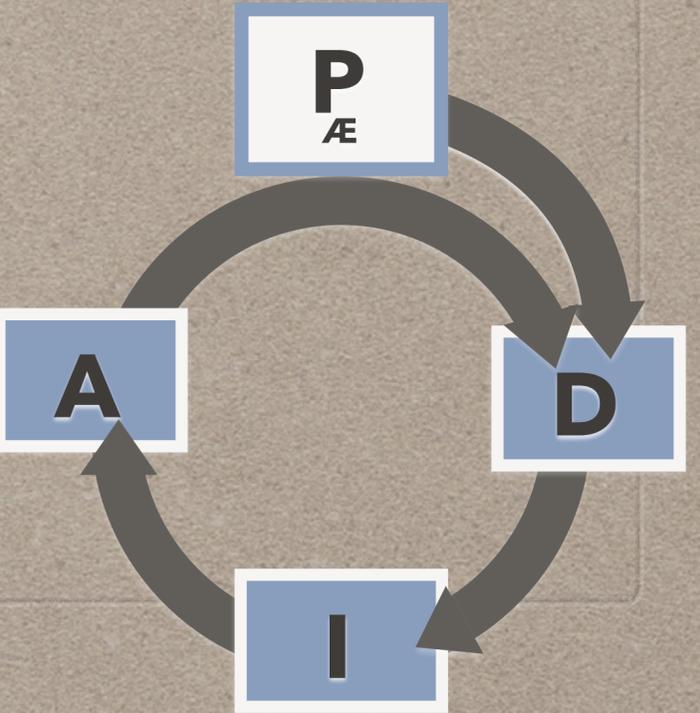
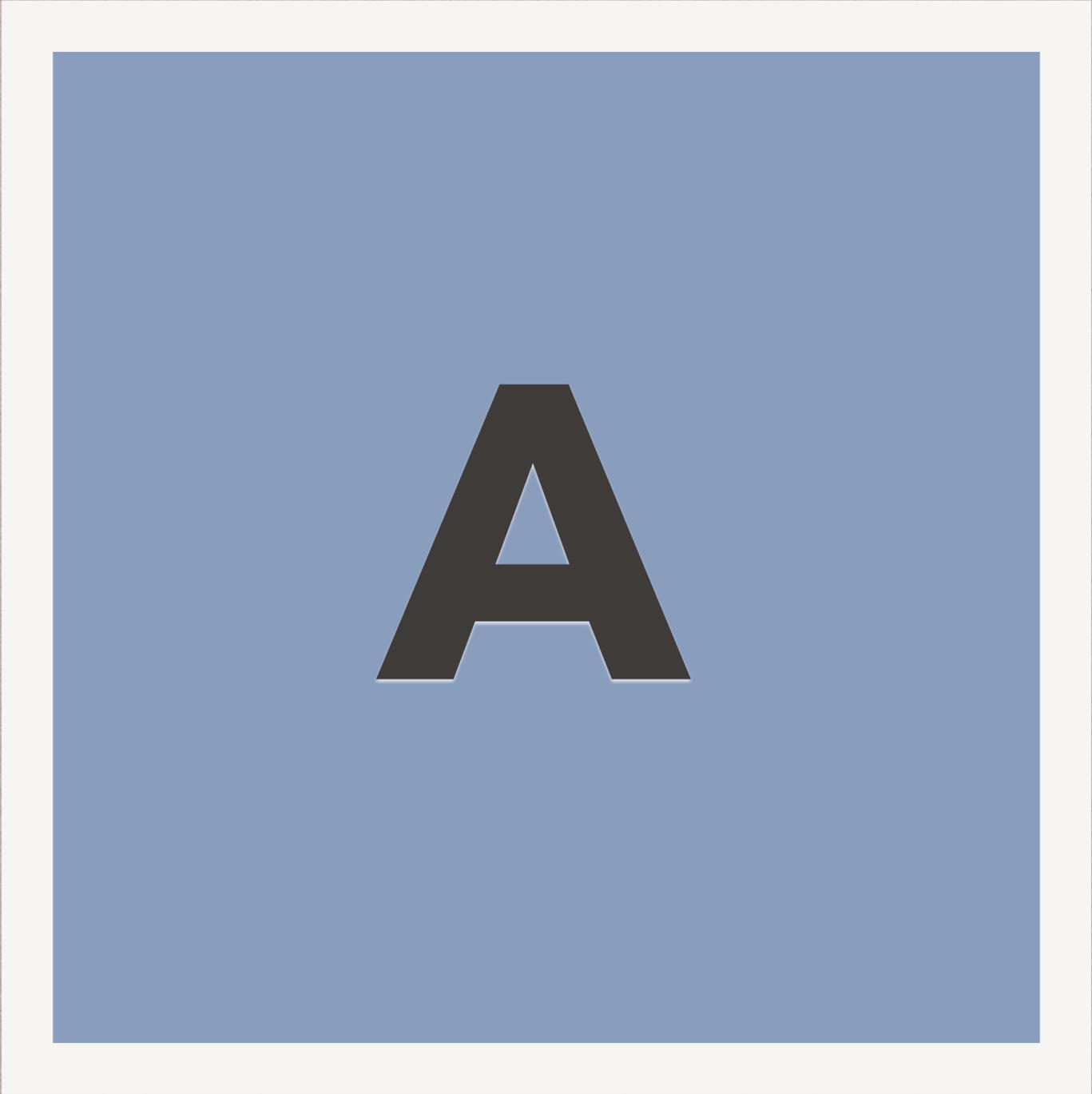
“Be *diligent* in these matters; give yourself *wholly* to them, so that everyone may see your progress.” (1 Timothy 4:15)



CONSISTENCY? (Show Up)

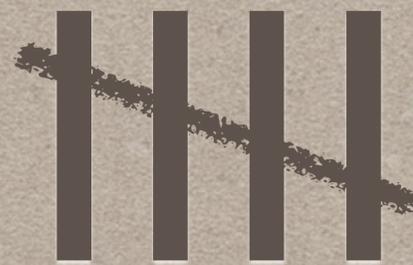
INTENSITY? (Throw Up)

PROGRESS? (Grow Up)



# ADJUST

"Suppose you move up to a 6.5 or 7, how would you notice this?"



Noticing  
Tasks



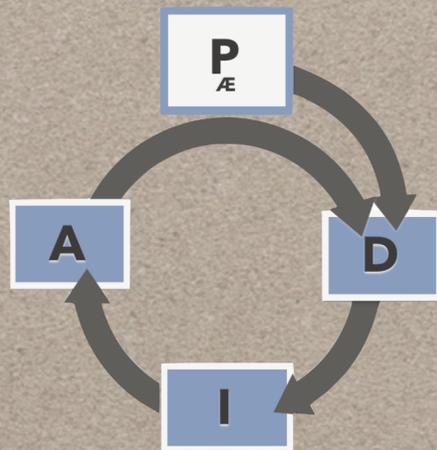
Doing  
Tasks

1 Timothy 4:15

CONSISTENCY? (Show Up)

INTENSITY? (Throw Up)

PROGRESS? (Grow Up)

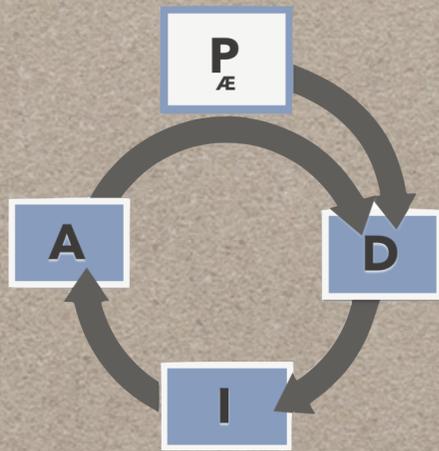


# ROLE PLAY

**REPROVE**

SIN?

EXPOSE!



# TO CONVICT, YOU OFTEN NEED EVIDENCE

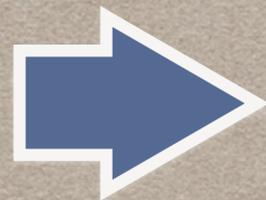
“There is one reason why data gathering is essential to convicting the counselee: unless the counselor knows the facts—enough facts to fully understand the counseling situation – you cannot call for repentance with the assurance he needs. If Nathan did not have the data, he could not have said to David, ‘You are the man!’”

*-How To Help People Change: The Four Step Biblical Process by Jay Adams*

# REPROVING SIN

(WHEN NECESSARY)

REPROOF?



GATHER THE DATA (Evidence):

- *BEHAVIOR* (Hand): What Happened?
- *DESIRE* (Heart): What Were You Trying to Achieve?
- *REASONING* (Head): What Were You Thinking (Loophole/Excuse)?

Watch out for victim themes

# CASE STUDIES FOR REPROVING WITH USEFUL SCRIPTURE

Situation: A brother has engaged in flirtatious behavior at work. He has come to you with a cursory confession, but seems to be content for a "drive by" disciplining encounter on this burgeoning sin.



# CASE STUDIES FOR REPROVING WITH USEFUL SCRIPTURE

Situation: A brother or sister has engaged in flirtatious behavior at work. He or she has come to you with a cursory confession, but seems to be content for a “drive by” disciplining encounter on this burgeoning sin.



# "I'VE BEEN FLIRTING WITH A GIRL IN THE OFFICE."

- *Specify the Behavior:* Living in the light is our only safe place in Christ and in the body of Christ
- Proverbs 28:13. "Whoever conceals their sin will not prosper, but whoever confesses and forsakes it will receive mercy."
- John 3:19-21, 1John 1:3-10, Ephesians 5:11-14

# "I JUST WANTED TO FEEL 'WANTED' AND ATTRACTIVE."

- *Discern the Desire:* We were meant to have a 'one flesh' intimacy of love and respect with our spouse (Gen 2:24)
- Proverbs 5:19. "A loving doe, a graceful deer—may her breasts satisfy you always, may you ever be intoxicated with her love."
- John 3:16, Titus 3:4-5

# "I HEAR THAT MORE MATURE CHRISTIANS - EVEN LEADERS - STRUGGLE WITH IT TOO."

- *Expose the Excuse:* We are not measured by the standard of other men and women but of the biblical charge for righteousness. We will each give an account before the judgment seat of Christ irrespective of our brothers and sisters.
- Romans 14:10-12. You, then, why do you judge your brother or sister? Or why do you treat them with contempt? For we will all stand before God's judgment seat. 11 It is written: " 'As surely as I live,' says the Lord, 'every knee will bow before me; every tongue will acknowledge God.' " 12 So then, each of us will give an account of ourselves to God.
- 2Chronicles 29:3-11, 2Chronicles 34:21, Ezekiel 18:14-18, Ezekiel 20:18

# CASE STUDIES FOR REPROVING WITH USEFUL SCRIPTURE

- Case A: A student has been procrastinating at school and is now on academic probation
- Case B: A single has been engaged in an online romantic relationship that has been 'exciting' and 'affirming'
- Case C: A husband claims to no longer find his wife attractive and now sees this as grounds for considering an end to the marriage
- Case D: A wife does not respect her husband (and doesn't plan to until he shapes up) and justifies it because he is disorganized and irresponsible with the finances
- Case E: Parents have been very slow to begin family devotionals and quiet times with their children – they have been wary of 'pressuring' their kids in the faith

# DISCUSSION QUESTIONS WITH A PARTNER

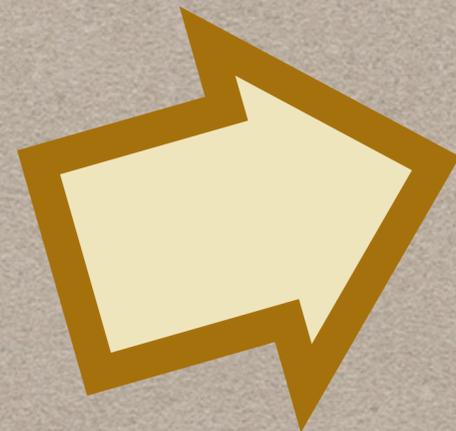
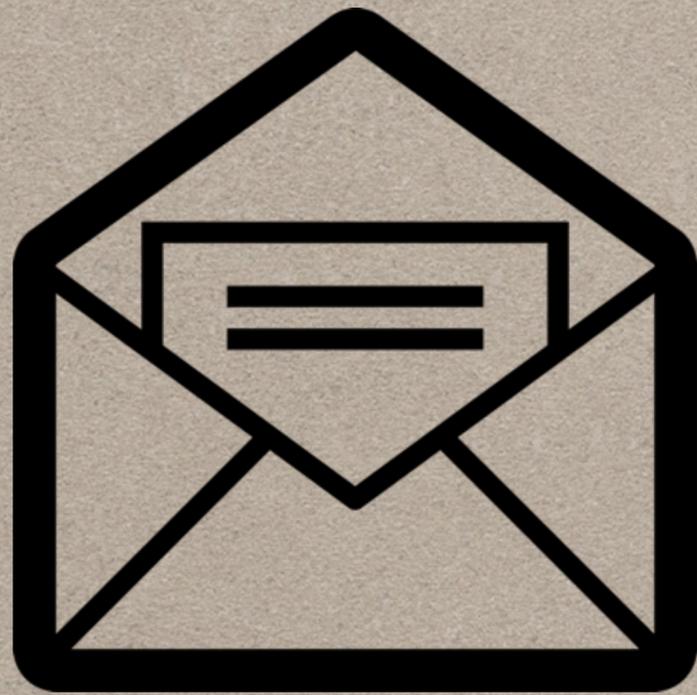
- How can worldly sorrow obscure accurate data about our behavior, desire, and thinking?
- How can you anticipate and lower defensiveness in a counselee when attempting to get better data?
- How can you redirect a victim-themed response toward greater personal responsibility for sin?

# GROUP DISCUSSION

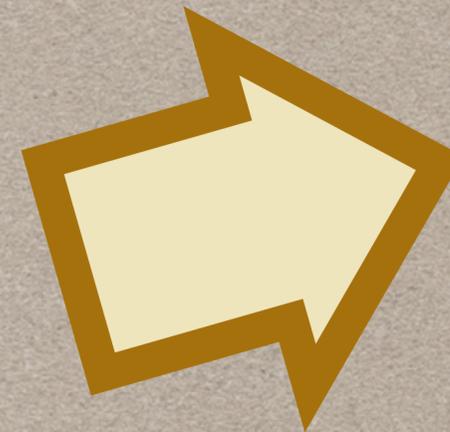
1. Reflect on your own battle with sin. Write out the Behavior, the Desire, and the Reasoning that promoted the sin. Obliterate the final excuse with Scripture.
2. Do the same for your workout partner, using good questions to draw them out.

**CORRECT**

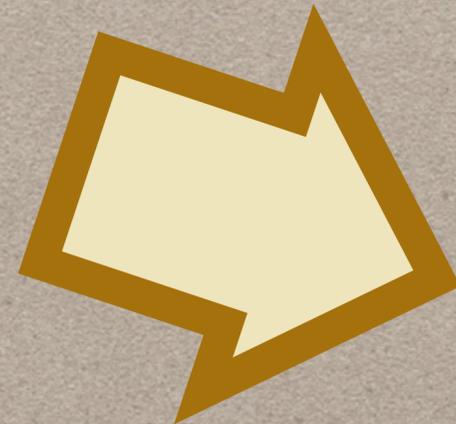
# CORRECT



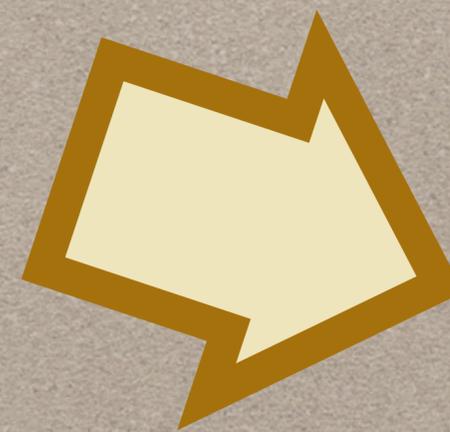
godly  
sorrow



repentance  
and salvation



worldly  
sorrow



death

**CORRECT**

damage control

*excuses*

*self pity*

**WORLDLY  
SORROW**

*selectivity*

*repetition*

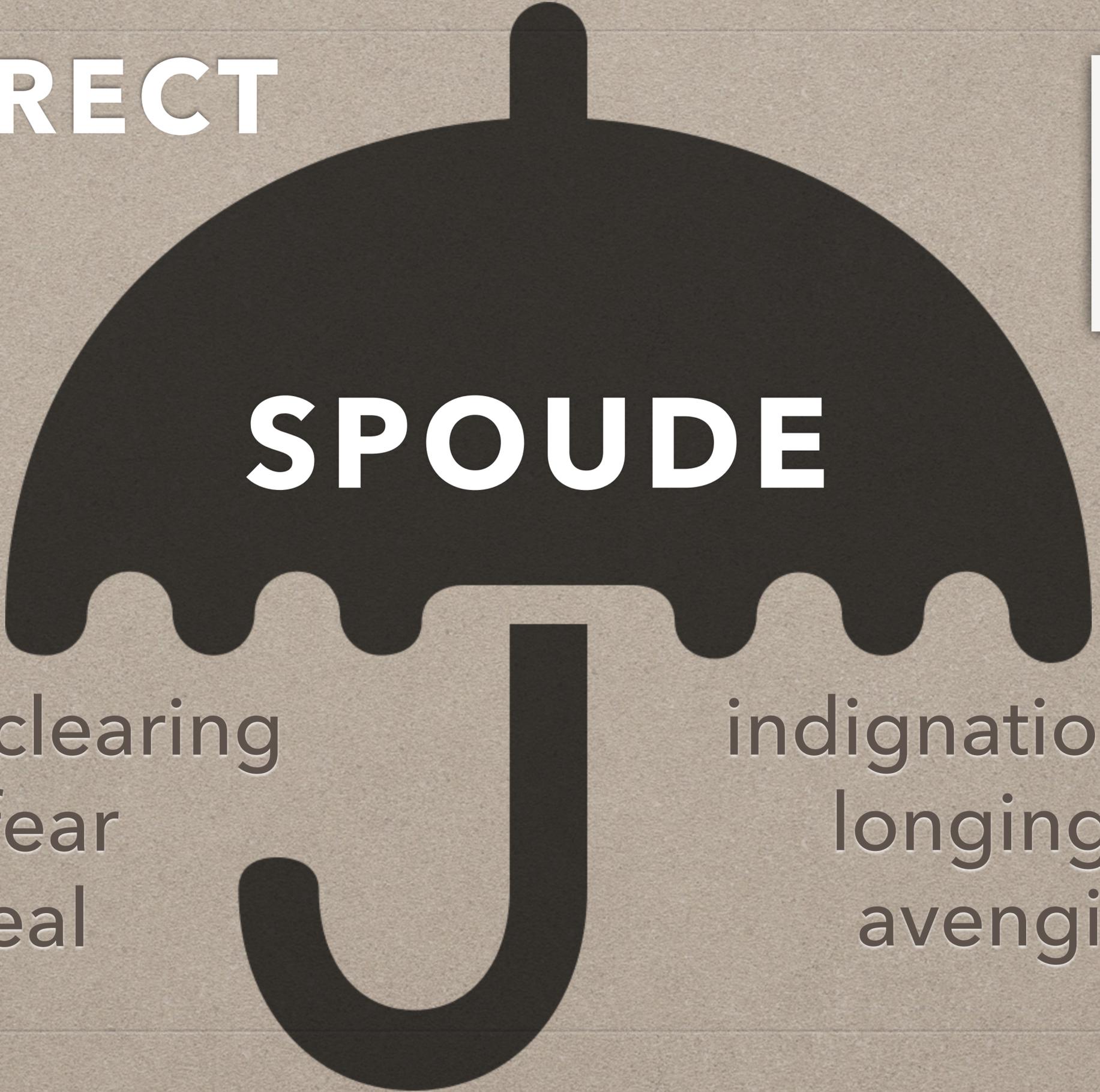
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**CORRECT**

**GODLY  
SORROW**

**CORRECT**

**GODLY  
SORROW**

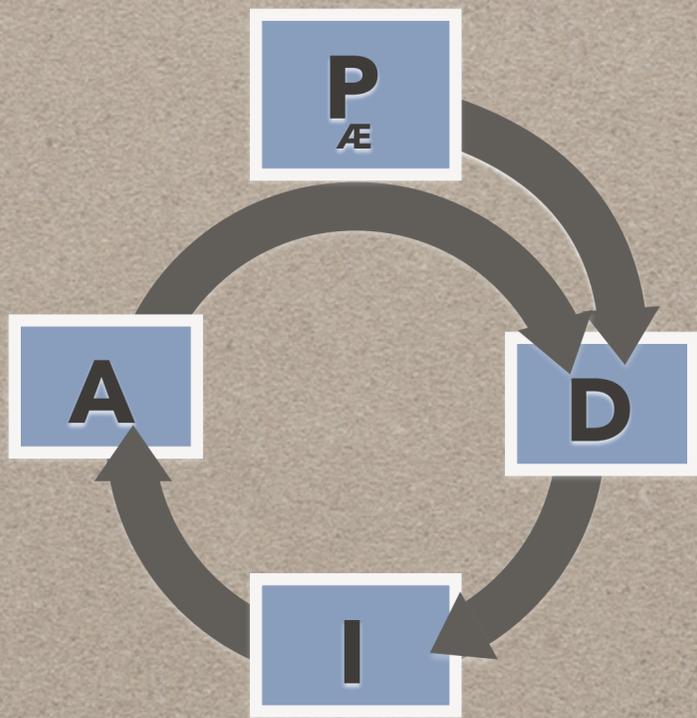


**SPOUDE**

clearing  
fear  
zeal

indignation  
longing  
avenging

# QUESTION



# QUESTION BANK

LISTEN/EMPATHY

IMAGINE/STAR

REALIZE

GAUGE/SCALING

GUIDE/NEXT STEPS

INSPECT

ADJUST