



# WORKSHOP ONE

lifeonlife

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FOUNDATIONS OF DISCIPLESHIP



# Welcome



Welcome to Life on Life Workshop 1!

We are so glad that you are here! We are trusting that the Lord will use this process to help you to make and deploy mature and equipped followers of Christ through your churches.

Our desire is that you would walk away with a passion to follow Jesus, the Ultimate Disciple Maker, as you consider what it will look like for your church to begin a movement of intentional disciple making. We have no desire to help you start another program or to jump on board with a current ministry fad. We want to help you do what Jesus did and what He has called His church to do: make disciples of all nations.

We have a motto for these workshops: “Think Big, Start Small, Go Deep.”

**Think Big:** We truly believe that mature and equipped disciples will turn the world upside down. Homes, children, businesses, cities, and nations can be dramatically transformed through men and women who are following Christ and making Him known where they live, work, and play.

**THINK BIG**  
**START SMALL**   
**GO DEEP**

**Start Small:** This certainly does not happen overnight. Jesus said that His kingdom is like a mustard seed, “It is the smallest of all seeds, but when it has grown it is larger than all the garden plants and becomes a tree, so that the birds of the air come and make nests in its branches.” Jesus called 12 men to be His disciples.

**Go Deep:** Writing to the Thessalonians, Paul expresses his heart and a vivid picture of what we see of Jesus’ ministry: “So, being affectionately desirous of you, we were ready to share with you not only the gospel of God but also our own selves, because you had become very dear to us.”

Gospel-centered discipleship is not just passing on knowledge, it is sharing life together. As we begin this process together, we want to challenge you to think big, start small, and go deep.

We are with you and for you,

The Life on Life Staff Team



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A PDF copy of this notebook can be accessed at  
[lifeonlife.org/notebooks](http://lifeonlife.org/notebooks)











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On the basis of such with-ness he generated a dynamic process of life-transference which was meant to foster holistic maturity in his friends and to facilitate them towards effective leadership at the same time. While being trained to follow, they were actually groomed to lead. In fact Jesus Christ never saw reason to draw a clear distinction between discipling and leadership development.

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Gunter Krallman

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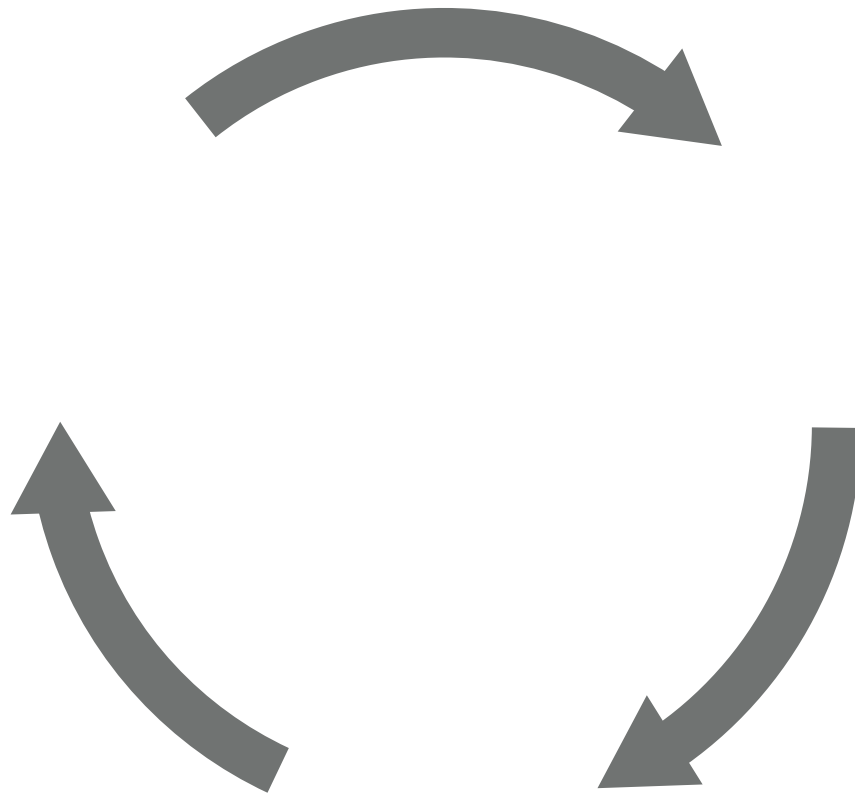
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## Exercise

What are the implications of Jesus' method and the biblical foundation for your personal ministry?





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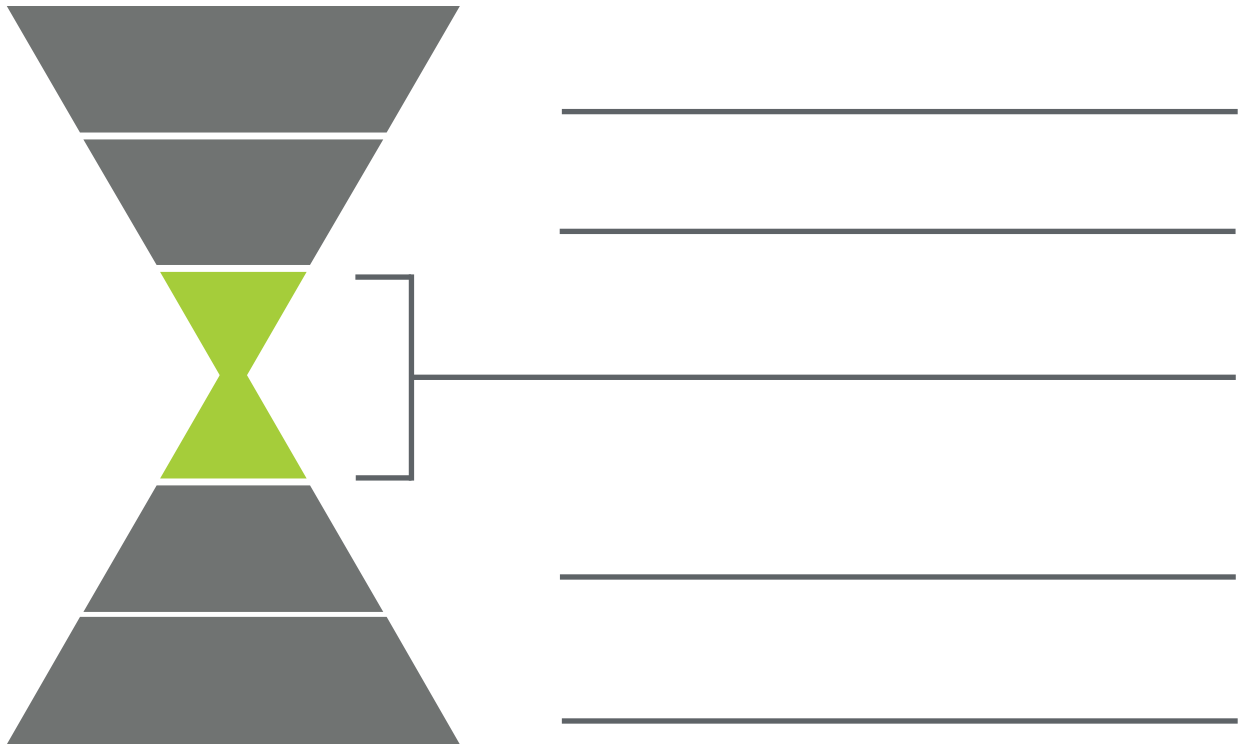
## Exercise

With one other person at your table, practice going through the waltz by sharing examples from your (past or current) life where you repented, believed, and obeyed.



# Distinctives of Life on Life - Part 1

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## Distinctives of Life on Life - Part 2



Small Groups	LOLMD Groups
Information Transfer	Life Transformation
Leadership Prepares	Everyone Prepares
Low Commitment, Low Cost	High Commitment, High Cost
Members Sign Up	Leader Selects Members
Teach, Prayer, Care, Share	Truth, Equipping, Accountability, Mission, Supplication
Size: 8-25	Size: 4-6
Produces Community	Produced Mature & Equipped Followers of Christ
Non-Christians & Christians	Christians
Mixed Gender	Men with Men, Women with Women
Leader is a Teacher	Leader is a Discipler
Missional Expectation	Missional Experience
Fellowship	Leader Development



## Spiritual Formation Goal, Pathway, and Process

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I am writing to you, little children, because your sins are forgiven for his name's sake. I am writing to you, fathers, because you know him who is from the beginning. I am writing to you, young men, because you have overcome the evil one. I write to you, children, because you know the Father. I write to you, fathers, because you know him who is from the beginning. I write to you, young men, because you are strong, and the word of God abides in you, and you have overcome the evil one.

1 John 2:12-14

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### Exercise

*Group 1:* Describe a mature and equipped follower of Christ.

*Group 2:* Write the “what” and “how” of helping a person go from Young Men to Fathers.

*Group 3:* Write the “what” and “how” of helping a person go from Children to Young Men.

**Part A:** Take 20 minutes at your table to discuss your part of the pathway. Appoint a scribe to write down answers on poster in preparation to share with other groups.

**Part B:** Take 20 minutes with other groups who also have the same part of the pathway and share your answers. Appoint a scribe to write down answers on poster in preparation to share with whole workshop.



# Selection Like Jesus



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## Exercise

What is one word that describes Jesus’ selection approach?







# Life on Life Strategy Overview

## Vision

Igniting movements of life-on-life missional discipleship in churches worldwide.

## Strategy

Phase 1: **Envision** pastors through multiple conversations to partner with those who desire to see a life-on-life missional discipleship movement develop in and through their church.

Phase 2: **Establish** a community of pastors to be disciple-makers through three workshops and coaching so that a movement can start with four groups, then start multiplying through the church.

Phase 3: **Equip** movement leaders through leadership coaching to deepen the life-on-life movement in their churches and to begin envisioning other churches in their area.

Phase 4: **Empower** a leadership team to envision and establish movements of discipleship in other churches in their city/region.

### Envision



Relationships  
Envisioning Call

### Establish



Life on Life Training Process  
Develop a Group

### Equip



Movement Leader Training  
Develop a Church

### Empower



Movement Ownership  
Develop a City

# Life on Life Strategy Overview



1. In the **Envisioning** phase, we use conversations and group events to communicate our vision for discipleship and to clarify practical steps forward in the training process. This challenges pastors' thinking about ministry and discipleship, while reorienting focus around Jesus' model of ministry. In order for a church to be accepted into the establishing phase, a commitment to participate in all aspects of the training and to personally disciple a few people is expected.

2. In the **Establishing** phase, church leaders become disciple-makers through theological and practical training. There are three workshops that take place over the course of two years. These are multi-day day events where key topics are discussed with a focus on practical action steps to see a life-on-life movement ignited. Consistent Coaching in a "Pastor's Leadership Community" provides church leaders with appropriate follow up to ensure effective implementation of life-on-life missional discipleship. The Ignition Guide and The Journey Curriculum are tools that we encourage churches use during this time to support the Life on Life philosophy in their ministry. During this phase, movement leaders (who have been effectively implementing discipleship at their church) emerge.

3. In the **Equipping** phase, movement leaders deepen the movement of discipleship at their church, while beginning to envision other churches in their city/region. Discipleship movement leaders are equipped so that they can effectively lead their church through the Establishing phase. Movement Leader Training can include a 2-week Intensive, coaching, and on-site visits. A movement leader will be part of a leadership community with others who are also leading discipleship movements in their church. As movement leaders see discipleship flourish in their church, some may desire to work together for broader impact in their city.

4. In the **Empowering** phase, a movement leadership team is formed and begins to establish and envision other churches in their city and region. In partnership with Life on Life, a training hub is established that will consistently and self-sufficiently ignite movements of disciple making churches in the region.



# Life on Life Establishing Phase

## LIFE ON LIFE THE TRAINING PROCESS

### FIRST...

CHOOSE FOUR TO SIX PEOPLE FROM YOUR CHURCH TO FORM A **LAUNCH TEAM**. THESE PEOPLE WILL BE YOUR FIRST DISCIPLESHIP GROUP LEADERS. IT IS IDEAL TO HAVE 2-3 MEN AND 2-3 WOMEN ON THIS TEAM. ASSIGN A **MOVEMENT CHAMPION** AND A **MOVEMENT LEADER**.



#### MOVEMENT CHAMPION

(Typically the Senior Pastor)  
THE MOVEMENT CHAMPION COMMITS TO LEADING A DISCIPLESHIP GROUP AND TELLING STORIES OF LIFE TRANSFORMATION.



#### MOVEMENT LEADER

(Typically an Assistant or Discipleship Pastor)

THE MOVEMENT LEADER WILL LEAD A GROUP, TRAIN AND COACH LEADERS, AND DEAL WITH THE LOGISTICAL SIDE OF THE MOVEMENT AT THE CHURCH.



### OUR PROCESS...



### WORKSHOPS...

OUR WORKSHOPS ARE MULTI-DAY GATHERINGS FOR YOUR **LAUNCH TEAM** AND 5-10 OTHER **LAUNCH TEAMS** FROM CHURCHES IN YOUR REGION. THEY ARE HIGHLY INTERACTIVE, AND YOU WILL DIVE INTO DEEP LESSONS, SHARE MEANINGFUL EXPERIENCES, DEVELOP LEADERSHIP SKILLS, AND MAKE STRATEGIC PLANS FOR THE DISCIPLESHIP MOVEMENT AT YOUR CHURCH.



YOUR **LAUNCH TEAM** WILL GO THROUGH THE ENTIRE LIFE ON LIFE TRAINING PROCESS WITH OTHER CHURCH **LAUNCH TEAMS**. WE CALL IT YOUR **COHORT**. LOCK ARMS WITH OTHER PASTORS AND LEADERS STARTING DISCIPLESHIP MOVEMENTS LIKE YOU.

### COACHING...

COACHING IS KEY. OUR TRAINING PROCESS IS A LIFE-ON-LIFE MODEL. WE ARE HERE TO SUPPORT YOU EVERY STEP OF THE WAY. AS PASTORS WITH LIFE ON LIFE DISCIPLESHIP MOVEMENTS IN OUR OWN CHURCHES, WE HAVE MADE THE MISTAKES AND FIGURED IT OUT ALONG THE WAY SO YOU DON'T HAVE TO.

HERE'S HOW COACHING CALLS WORK - **MOVEMENT LEADERS** IN YOUR **COHORT** WILL BE ON COACHING CALLS WITH OUR LIFE ON LIFE TEAM. THEN, **MOVEMENT LEADERS** WILL REPEAT THE COACHING CALLS WITH THEIR **LAUNCH TEAMS**.



For more information, or to apply for our next round of training, visit [lifeonlife.org](http://lifeonlife.org)

# Life on Life Establishing Phase



## Level One: Foundations of Discipleship

### 1.1 Workshop 1: Foundations of Discipleship

Following Jesus' model and getting started with selection.

#### Outcomes

1. Renew Jesus' model, philosophy and biblical foundation of life-on-life missional discipleship.
2. Engage Churches in the process of multiplying their lives through LOLMD.
3. Prepare teams to select leaders and disciples to start four groups.
4. Lay the foundation for igniting a movement of life-on-life missional discipleship.

#### Key Topics

1. Dynamics of a Healthy Disciple-Making Church
2. Jesus the Ultimate Disciple-maker
3. Biblical Foundation for Discipleship
4. Spiritual Formation Goal, Pathway and Process
5. An Overview of our Training Process
6. The Role of Humility in Leadership
7. Selecting Disciples
8. Interactive Exercises
9. Interaction time with Seasoned Life-on-Life Missional Discipleship Coaches



## Life on Life Establishing Phase

### 1.2 Pastor's Ignition Group

Experiencing a Life-on-Life Missional Discipleship Group

This weekly conference call starts two weeks after the Workshop. You will experience the Ignition Group and then you will turn around and lead your Ignition Group the same week.

1. Unit 1: Ignition Group Orientation
2. Unit 2: Jesus the Ultimate Disciple-maker
3. Unit 3: Biblical Foundation of Life-on-Life Missional Discipleship
4. Unit 4: Personal and Church Assessment
5. Unit 5: Envisioning a Life-on-Life Missional Discipleship Movement
6. Unit 6: Elements of Transformation
7. Unit 7: Spiritual Formation Goal, Pathway and Process
8. Unit 8: Qualified and Humble Leaders
9. Unit 9: Selecting FAITH Disciples
10. Unit 10: Day of Kingdom Prayer
11. Unit 11: Power of Association
12. Unit 12: Starting Strong with a Strategic Plan

### 1.3 Pastor's Leadership Community

Launching a Life-on-Life Missional Discipleship Movement

Monthly meeting on conference call

1. Modeling the Journey Orientation in Selection
2. Journey Curriculum Overview
3. Sharing Your Spiritual Journey
4. Preparing for a Strong Start
5. Overview of Gospel Living
6. Overview of Grace Commitments



# Life on Life Establishing Phase



## Level Two: Discipleship in Practice

### 2.0 Prerequisites for participation in Level Two

1. Complete full Workshop 1
2. Movement Leader experienced the Pastor's Ignition Group
3. Read or Reread Master Plan of Evangelism by Robert Coleman before Workshop 2
4. Launch Team experienced the Ignition Group
5. Leaders selected for two men's groups and two women's groups
6. Four groups are formed and start to meet together before Workshop 2

### 2.1 Workshop 2: Discipleship in Practice

Developing a leader through the heart, the group, and personalized training.

#### Outcomes

1. Celebrate the launch of LOLMD, selection of disciples, engaging in intentional and personalized leadership.
2. Targeting the heart for life on life transformation.
3. Experience the elements of TEAMS transformation inside and outside of group time.
4. Cast vision for discipleship being carried out in the context of mission.

#### Key Topics

1. Role of a Disciple Making Pastor in a Life on Life Movement
2. Targeting the Heart Talk, Model and Experience
3. Developing a Personalized Discipleship Plan
4. Association with COACH Model
5. Elements of Transformation TEAMS
6. Interactive Exercises through Results Based Conversations
7. Interaction Time with Seasoned Life on Life Missional Discipleship Coaches



## Life on Life Establishing Phase

### 2.2 Pastor's Leadership Community

Discipleship in Practice

Monthly meeting on conference call

1. Associating with Disciples with COACH
2. Role of a Disciple Making Pastor in a Life on Life Movement
3. Designing Personalized Training
4. I Want to HEAR You
5. Engaging the Heart
6. Year One Celebration and Strategic Planning

### Level Three: Disciple-Leader Development

#### 3.0 Prerequisites for participation in Level Three

1. Complete full Workshop 2
2. Movement Champion/Leader experienced the Pastor's Leadership Community
3. Leaders are meeting with group members at least once a month outside of group time

#### 3.1 Workshop 3: Leader Development

Multiplication of leaders & ongoing leader development

#### Outcomes

1. Celebrate the completion of the first year of the life-on-life movement.
2. Reflect on how Jesus developed leaders.
3. Deepen the vision and plan for multiplying disciples as a leader and church.
4. Gain practical tools and insight about leader development.

# Life on Life Establishing Phase



## Key Topics

1. The Missing Link: The Life on Life Model
2. Introduction to Coaching (COACH Model)
3. Challenging Group Dynamics
4. Theology and Power of Multiplication
5. Practical Multiplication
6. Personal Discipleship Vision
7. Disciple-Leader Training
8. Strategic Planning

## 3.2 Pastor's Leadership Community

Leader Development

Monthly meeting on conference call

1. The Missing Link: The Life-on-Life Model
2. Multiplication Foundations and Practices
3. Personal Vision for being a Disciple-Maker
4. Designing Leader Development Structures
5. Coaching Leaders Through Powerful Questions
6. Movement Celebration and Strategic Planning



# Scenarios Exercise

## Scenarios

What would success look like if applied?

What would failure look like if not applied?

Take 10 minutes to share with the next table.

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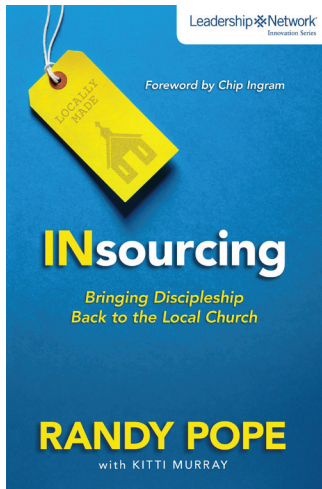
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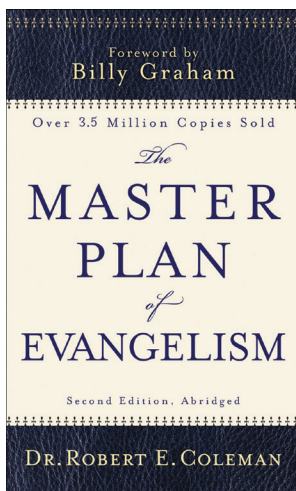
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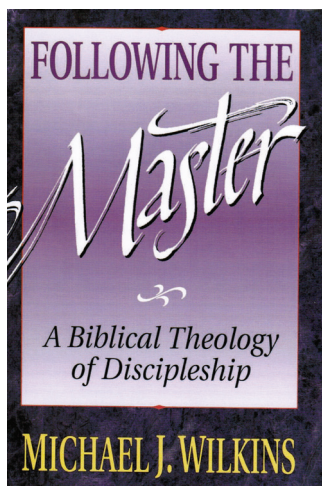
## Resources



Randy Pope writes for church leaders who recognize the value of discipleship and need practical ideas for reorienting church ministries around personal discipleship. Readers will be encouraged that a wide scale personal discipleship program is attainable for any church.



For more than forty years this classic study has shown Christians how to minister to the people God brings into their lives. Instead of drawing on the latest popular fad or the newest selling technique, Dr. Robert E. Coleman looks to the Bible to find Christ's strategy for evangelism and discipleship.



Michael J. Wilkins presents a comprehensive biblical theology of discipleship. *Following the Master* compares other forms of master-disciple relationships in the ancient Judaism and Greco-Roman world and traces Jesus' steps as he called and developed disciples. *Following the Master* lays the necessary groundwork for developing biblical discipleship in ministry.





