



# TRAINING ONE

lifeonlife

---

A MINISTRY OF PERIMETER CHURCH



# Welcome



Welcome to Life on Life Training 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



# Contents



Jesus: The Ultimate Disciple-Maker	4
Biblical Foundations for Discipleship	6
Leadership Humility	8
Gospel Waltz	9
Distinctives of Life on Life	10
Spiritual Formation Goal, Pathway, and Process	13
Selection Like Jesus	14
Selection Made Practical	15
Resources	16

A PDF copy of this notebook can be accessed at  
<https://lifeonlife.org/notebooks>





---

---

---

---

---

“

Christianity without discipleship  
is always Christianity without  
Christ.

Dietrich Bonhoeffer

“

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

### Exercise

What did you hear?

What does that mean for your personal ministry?



# Biblical Foundations for Discipleship - Part 1

---

---

---

---

“

And he appointed twelve (whom he also named apostles) so that they might be with him and he might send them out to preach

Mark 3:14

“

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Table Discussion

How do you see the ideas of “with” and “sent” in the Old Testament?

How does this affect your thoughts concerning the nature of ministry?





---

---

---

“

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.

---

---

---

---

---

---

---

---

---

---

Gunter Krallman

“

---

---

---

---

---

---

---

---

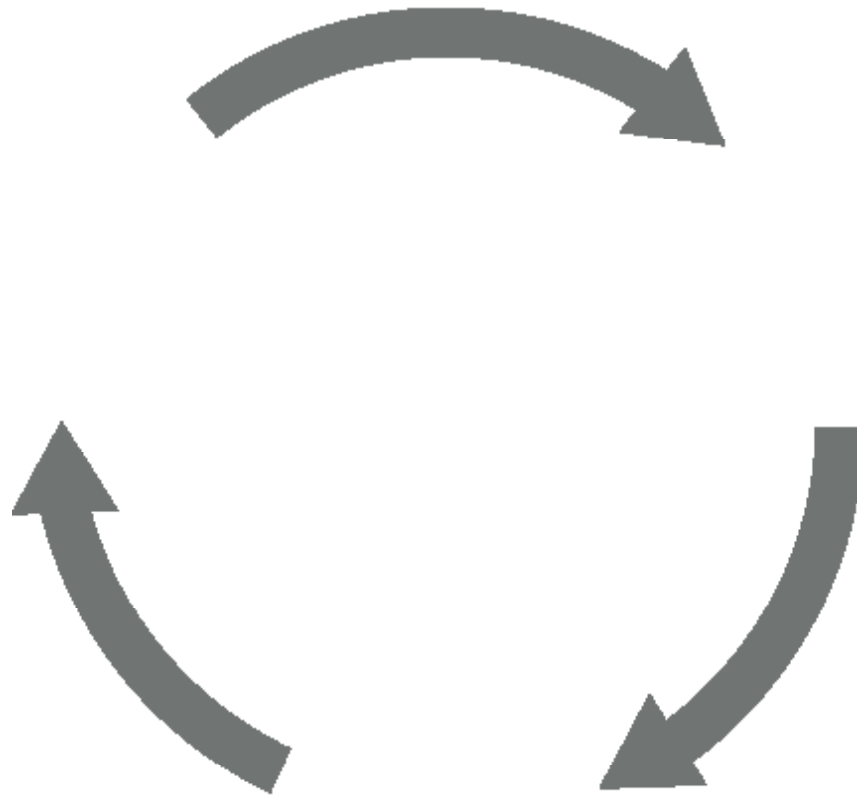
---

---

## Table Discussion

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





---

---

---

---

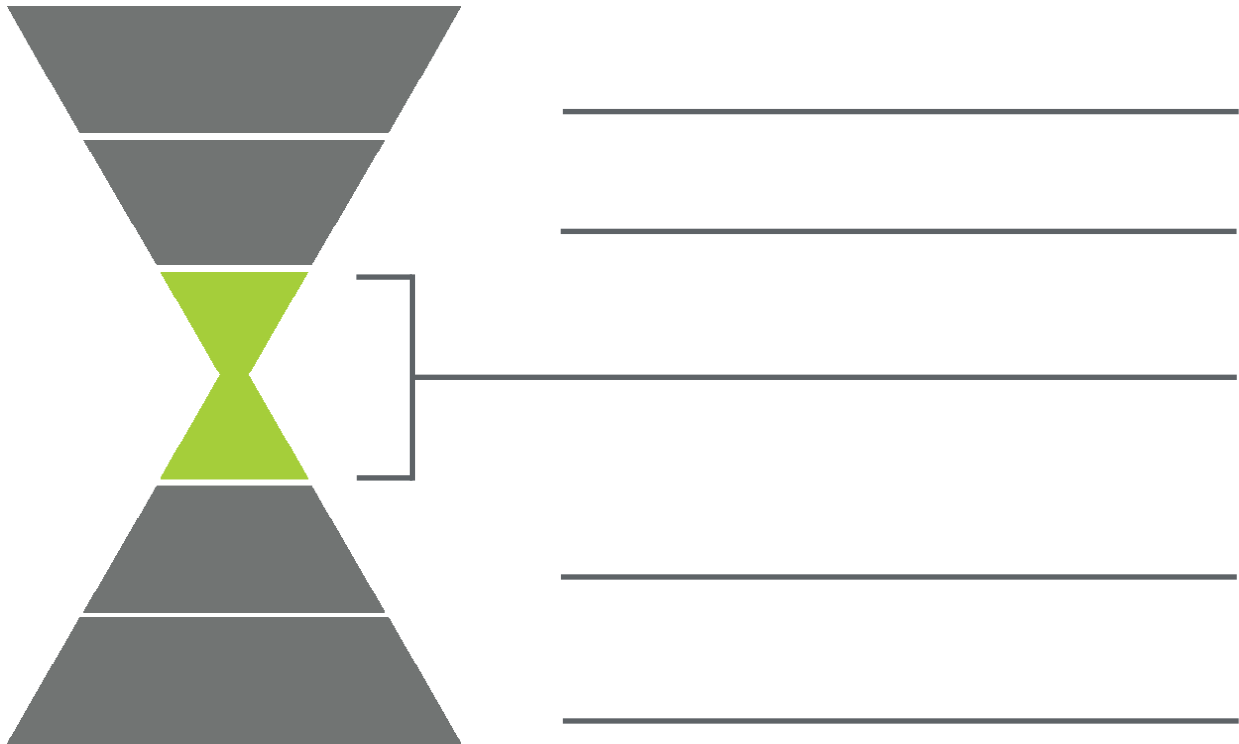
## Exercise

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

--	--



# Distinctives of Life on Life



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



# Distinctives of Life on Life - Part 1

---

---

---

---

## Life on Life Missional Discipleship

Laboring in the lives of a few with the intention of imparting one's life, the gospel and God's Word in such a way as to see them become mature and equipped followers of Christ, committed to doing the same in the lives of others.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

### Table Discussion

What are the benefits of Jesus' method of training people through these four steps?

In light of the distinctives we have just looked at, how are life-on-life missional discipleship groups designed to be effective in developing mature and equipped followers of Christ?



---

---

---

---

---

“

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

---

---

---

---

---

## 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.





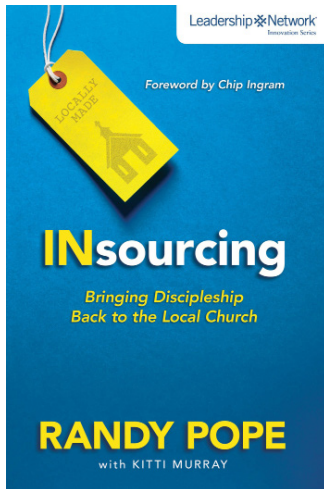
# Selection Made Practical



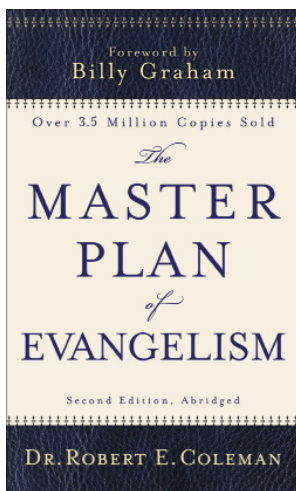
A series of horizontal dashed lines spanning the width of the page, intended for writing.



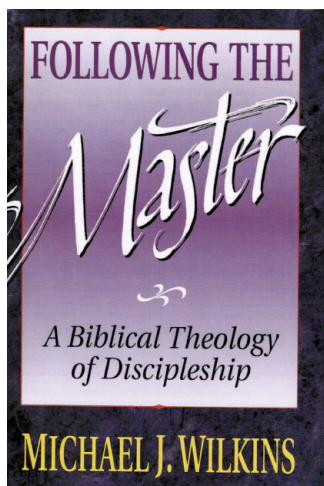
## Resources



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.



