



IJS Discipleship Instructions

In Jesus Steps is a ministry whose purpose is to live out the gospel of Jesus Christ and make disciples locally and worldwide. Jesus modeled the way for discipleship with a small group who practiced accountability, transparency, obedience, and total surrender to God. *In Jesus Steps* follows this model with 3–7 enthusiastic believers forming teams of men or women to follow in His steps daily.

Contact Kathleen Skaar: kskaar@injesussteps.org

Team Coach and Disciple Description

Team Coach: The *In Jesus Steps* team coach initiates or kicks off the discipleship team. This person is the catalyst for bringing a discipleship community together by inviting 3–7 people together into fellowship. The coach may also be a pastor or other leader who desires stronger disciples in the church and world. In this way, the pastor or leader may form one or many discipleship teams from their body’s members. While making the process easy, the coach plans and guides the team towards its two goals of (1) being a fervent disciple and (2) making fervent disciples.

Disciple: A disciple is a person who follows and obeys Jesus. Jesus is at the center of a disciple’s life and is at the center of your team. He is the true leader and the one we are following. Each person of the discipleship community is responsible for participating fully and helping others. God will speak through, and use each of His followers at various times. This is the joy of working together and fulfilling Jesus’ Great Commission of making disciples of all nations (Matthew 28:19).

Table of Contents

Description\Overview	2
Steps for Starting a Discipleship Team(s)	3
Team Coach Instructions	4
Agenda for 2-hour Weekly Discipleship Meetings	5

Note: There is no cost for participation. The Bible studies can be downloaded from the website and printed as needed either personally from a home printer or commercially.

Description Overview

Have you read the book, *In His Steps*, by Charles Sheldon? It was written in 1896 and sold over 50 million copies. The expression “What would Jesus do?” was a question used in the book. You may recall this question (WWJD) on bracelets and other items made popular in the 1990s. Charles Sheldon’s great grandson revived the message with his writings and teachings.

Briefly the story is about a pastor who challenges his congregation to live fervently for Jesus, in a more sacrificial way. Not many take him up on his offer, but for those who do, they live their lives as Jesus would. They meet weekly to report on their progress or lack thereof. The fictional story follows a handful of people who take up the pastor’s challenge to truly live for Jesus.

I read the book as a new believer many years ago and thought wow, I’d like to be part of a group like that. Instead, God had already led me to start CLI Prison Alliance and I never became part of that kind of team. However, after 25 years of serving through CLI Prison Alliance, God led me and my husband, Anders, to retire. When we made this decision, God placed the idea of a new ministry dedicated to following Jesus, fervently and sacrificially similar to the characters in the novel, *In His Steps*.

To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps. 1 Peter 2:21

Jesus’ plan for expanding God’s kingdom was through disciple--making followers. He modeled this method when He walked the earth with a small group who practiced accountability, transparency, obedience, and total surrender to God. The disciples received personal attention from Jesus and each other.

In Jesus Steps follows this model. Although Jesus is not with us physically like He was with the first disciples, He is with us spiritually. He lives inside believers by His and the Father’s Holy Spirit. Therefore, He is with us to lead, guide, and give us the personal attention we need.

Disciples form teams for the purpose of dedicating themselves to becoming like Jesus and helping others to do the same. While serving and sharing Christ’ light in the world we’re never without a true discipleship community. This is a community of believers who spur each other on to truly know and abide in Christ. Each group is distinct because of the Holy Spirit’s guidance, and the unique personality, talents, and life experiences of each member.

This exciting journey of walking in Jesus’ steps begins with a team coach. This is the one who takes action in starting a 3 -7 person team of either men or women. Your group is a team because you are growing in and held together by the Holy Spirit to glorify God in Christ Jesus.

The size is intentionally kept small for close and transparent relationships. It’s important to share thoughts and feelings honestly, without fear of comparison, condemnation, or judgment. Your team is a place of freedom, acceptance, and accountability in serving God and reproducing followers of Christ. It’s intended to be an environment of grace, love, and encouragement.

For remote or virtual groups, we recommend using Canvas LMS. Canvas is the most popular learning management system (LMS) used by all major universities for their remote students. Canvas works

perfectly on computers, tablets, and even smart phones. The lessons are available through Canvas, LMS. Online teams may want to use Canvas' free video-conferencing feature. This allows your team to meet virtually from anywhere in the world. This feature is helpful for those homebound with health or other issues. It does require some assistance on our part, so please contact us at support@injesussteps.org to get started.

Steps for Starting a Discipleship Team(s)

Step One: *Pray.* This is the first and most important step. Ask God if He is calling you to facilitate an *In Jesus Steps* team. Take as much time as you need; ask others to pray with you. Read your Bible and ask the Holy Spirit to highlight a verse or verses to make God's will clear. If you sense this calling, thank God for revealing His will to you and go to Step Two. If you sense God saying no to a discipleship team, thank Him for His direction and continue praying for His perfect will.

Step Two: *Pray.* This is the second most important step. Ask God to reveal the names of the people He'd like in your team. These should be people of the same gender, male or female, as you are. While it would be nice to be in the same team as your spouse, men and women will face different issues and challenges among themselves. Intimacy and transparency, critical aspects of the discipleship platform would most likely suffer in a mixed gender team.

Think of people you know such as friends, church members, neighbors, co-workers, or acquaintances. Write down each name God brings to mind and continue to pray over them. Pray God will impress upon you the people to invite. Pastors and leaders of large groups can share the vision of discipleship and prepare their people to form teams. At the appropriate time, the pastor or leader can call a meeting of his particular body to discuss, form teams, and implement to God's glory.

Step Three: *Prayerfully* consider whether you'll be meeting in-person or virtually so you can share this information with the people you choose.

Step Four: *Pray* before you make contact. Then arrange to personally talk to each person either by phone or in person. Explain your heart and desire to follow Jesus more closely and help others do the same. Share about *In Jesus Steps* and why you think this is will be a life-changing and exciting journey. However, it's a serious commitment to Jesus and the group. They should count the cost and be willing to accept responsibility of attending all meetings, participating fully, and encouraging others. Explain why you are taking the Team Coach role and ask them to join you. Make sure you tell them you have prayed carefully before asking them. Ask them to prayerfully consider before answering. Email the Description\Overview and the link to the IJS website: injesussteps.org. Tell them you will call them in a couple (two) of days for their answer. Mark your calendar and make sure you follow up. Continue to pray for God's will.

Step Five: *Pray* and call those you contacted for your discipleship team for their answer. Not everyone you ask may feel called to participate. Be encouraged, God has just the right disciples for your team. If you do have your 3–7 disciples go to Step Six, if not, go back to Step One and start over. Don't give up! It's going to be a wonderful journey!

Step Six: *Prayerfully* set up a time to meet weekly. Check with each member of your team to find a mutually agreeable day and time. You might start with three times that work for you and then email to see which of those are best.

Step Seven: After settling in on the day and time, set the first meeting for a week in advance. You and your team will have preparation for the first meeting and this will give everyone the time needed. Ask them each to *pray* for your first meeting.

Team Coach Instructions

1. Jesus is the head and leader of each believer and each team.

And he [Jesus] is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. ¹⁹For God was pleased to have all his fullness dwell in him,²⁰and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross. Colossians 1:18–20

2. Ask and welcome the Holy Spirit to lead at all times.

But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. ¹⁴He will glorify me [Jesus] because it is from me that he will receive what he will make known to you. John 16:13–14

3. Choose one platform to use during team meetings and a regular time: Canvas, In-Person, or Zoom. Check with each member of your team to find a mutually agreeable day and time to be consistent.

4. Every 5th meeting, celebrate with a gathering to praise God for how He is working.

(There are a variety of ways to gather. If part of church teams, you can meet at church with or without a covered dish. Each team can share how God has been working in their lives. Individual teams can go out to eat or share a covered dish at someone's home. Virtual teams can bring a snack for themselves. Be creative.)

I will give thanks to the LORD because of his righteousness; I will sing the praises of the name of the LORD Most High. Psalm 7:17

5. Encourage all team members to take turns facilitating the meetings. It will help members to take ownership of the team's success, develop leadership skills, and take some responsibility off the coach. Bring up the subject after you have facilitated about 4 meetings and lessons.

6. Encourage team members to pray regularly for each other and to report back on status.

7. Make sure the team stays on course to be fervent disciples. It's easy for a team to slip into a social group, enjoying each other's company, and forgetting about taking up our crosses. We need to pray for our team to not only love and enjoy one another *but* to motivate and stir each other to follow in Jesus' steps.

8. Goal for each team member is to make at least one disciple in a twelve-month period. Making one disciple[student and follower of Jesus] per year by (1. leading them to Christ and discipling them, (2. discipling a Christian, or 3. Instrumental in getting a Christian to start or join an IJS discipleship team. Pray for God to make this happen and we disciples are obedient to share our faith and train as needed for this purpose.

9. We welcome feedback and suggestions. What is working for your team and what may benefit others?

Agenda for 2-hour Weekly Discipleship Meetings

(Follow suggested times as a guide, not a rule)

1. Welcome and Prayer Time (40 min.)

(Kneel, if able, in respect to God for the first opening prayer. Suggest facilitating prayers through ACTS— Adoration, Confession, Thanksgiving, Supplication. May want to combine Adoration and Thanksgiving and Confession and Supplication. Keep prayers short in respect of other's time to pray. Supplication: prayer requests for personal, church, ministry, country, and world.)

Come, let us bow down in worship, let us kneel before the LORD our Maker; for he is our God, and we are the people of his pasture, the flock under his care. Psalm 95:6–7

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16–18

2. Bible Lesson including Action Steps and Accountability (40 min.)

(Disciples read and answer questions from the prior week's lesson and are ready for participation. Accountability is willingness to accept responsibility for one's actions.)

All Scripture is God-breathed and is useful for teaching, rebuking, correcting, and training in righteousness, so that the servant of God may be thoroughly equipped for every good work. 2 Timothy 3:16–17

3. Witnessing/Discipleship. What did we do last week to obey Jesus' command to make disciples? (10 min.) (Read a discipleship verse(s). IJS can provide a list if needed.)

"Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age." Matthew 28:19-20

4. How did the Lord lead you last week? Also share personal joys, challenges, or issues (25 min.)

(How did the Holy Spirit help you in good works (other than witnessing) to glorify God? A time for transparency, and not judgment, in sharing anything hampering our walk. Time for personal sharing.)

A cheerful heart is good medicine, but a crushed spirit dries up the bones. Proverbs 17:22

Carry each other's burdens, and in this way, you will fulfill the law of Christ. Galatians 6:2

5. Announcements, Confirm Facilitator and Location, Closing Prayer, and Benediction (5 min.)

(Remind of God's sovereignty, grace, provision, and power—He is the basis of our life.)

Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord because you know that your labor in the Lord is not in vain.

1 Corinthians 15:58

Rev 6/11/2023