

LifeBuilders

Step One

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Introduction

Ten Marks of a Disciple

A disciple is defined as “one who accepts and follows a teacher.” As a disciple of Jesus Christ your life will be rich and full. If you study, pray, and apply what you are learning you will mature in your spiritual life. The following is a list of goals for you to attain. They should become marks of your life!

1. A Disciple has placed his life in the hands of Christ without any hesitation, reservation, or expectation, except what God desires to give to, or do with him. *(Mark 8:34)*
2. A Disciple hears and obeys the voice of God. *(1 John 5:3)*
3. A Disciple is able to handle life’s difficulties without falling apart. A disciple stand firm under pressure. *(Philippians 4:1)*
4. A Disciple enjoys time alone with God, reading the Word of God, and praying to become more acquainted with the One to whom he is surrendered. *(2 Timothy 2:15; 1 Thessalonians 5:17)*
5. A Disciple knows his spiritual gift and uses it in a local body. *(1 Corinthians 12:11)*
6. A Disciple knows Who owns, not only him, but the things that he has of this world. *(1 Corinthians 6:19-20; Matthew 6:21)*
7. A Disciple has his gaze fixed on Heaven, and sees himself as a sojourner in a foreign land. *(1 Peter 2:11)*
8. A Disciple has the heart of God for the world. His desire is that all should come to repentance. *(2 Peter 3:9)*
9. A Disciple loves other disciples. *(John 13:35)*
10. A Disciple is in love with Jesus and therefore is willing to give up everything for his Master. *(Luke 14:33)*

God bless you as you seek to grow in grace!

Commitment to Discipleship

Nothing is accomplished in life without some kind of commitment. An athlete must commit to hours of hard work preparing for each contest; a musician must practice and practice before becoming proficient. Yet, in the Church, too often believers live as if being a Christian ends with the decision to accept Christ as Lord and Savior—no more hard work, energy, discipline, commitment is believed to be required!

Paul said in 2 Timothy 2:15, *Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.* And in Philippians 2:12, *work out your own salvation with fear and trembling.*

The Christian life is a process of becoming more like Jesus and it takes a commitment of your time and energy. The following is a list of commitments that will help you become more like your Master:

1. Plan to read the Bible on a regular basis.
2. Have a regular Quiet Time with God each day.
4. Meet with a Small Group at least once a month.
5. Do the lessons in the **Springs of Life** manual as instructed.
6. Worship regularly at Grace Fellowship.
7. Be willing to make any adjustments to your life as God instructs.
8. Seek to become a discipler of others.
9. Follow the leadership of your Pastor and Mentor, and Small Group leader.
There will be times when your discipler may need to confront you about your commitment. Remember, the discipler's responsibility is to help you keep your commitment to growth. Let me encourage you to receive the instruction and keep your commitment.

Commitment

I promise to be a faithful servant of my Lord, Jesus Christ, and desire to become the disciple He wants me to be. I dedicate myself, with His strength, to the commitments listed above.

Signature

Date

Quiet Time

1. God desires your attention every day. In an appointed place, at an appointed time, He desires to hold communion with you. Not only does He desire it, but ***you need it***. A Quiet Time, a daily appointment with God, will become the best time of the day for you! Look at the following scriptures and write down any insights you glean concerning having a daily time with God.

Matthew 6:6 _____

James 4:8 _____

Psalms 1:2 _____

Matthew 6:33 _____

Mark 1:35-37 _____

2. The following is a suggested outline of a thirty-minute **QT**. The outline follows the word ACTS to help you remember.

A ADORATION (7 minutes)

- Adoration is acknowledging God's character and attributes.
I Chronicles 29:11 Psalms 145:1-6
- Read the Psalm of the day (*ex.: on Dec. 1 read Ps. 1, etc.*)
- Circle or write down things that relate to God's character or attributes.
- Listen to or sing along with a Worship song. (*Online, computer, phone, etc.*)
- Tell the Lord that you love Him.

C CONFESSION (7 minutes)

- Pray Psalm 139:23-24, *Search me, O God, and know my heart; Try me and know my anxious thoughts; And see if there be any hurtful way in me, And lead me in the everlasting way.*
- Ask the Lord to show you any actions, reactions, thoughts, or desires that are not consistent with His character. Name them for what they are: sin!
- I John 1:9 says, *If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.*
- List your sins and ask the Lord to forgive you and cleanse you. Speak each sin individually and ask the Lord for forgiveness. Do not use a blanket prayer covering them all at once. There is something very important about naming each sin and asking forgiveness.
- Take time to thank the Lord for His forgiveness and your cleansing.

T THANKSGIVING (5 minutes)

- Being grateful is very important. Thank Him for prayers answered, forgiveness, salvation, etc.
- Read Ephesians 5:20 and Psalms 100:4
- Ask the Lord to give a grateful heart.

S SUPPLICATION (11 minutes)

- You are now ready to ask God for things.
Matthew 7:7-8 and James 4:2
- Submit even these requests to the Lord by asking Him to lead you to the right things to ask for.
- Be specific!
- Begin with things for yourself.
- Pray for the church.
- Pray for other people's needs.
- Pray for missionaries, evangelists, and pastors.
- Keep a list of things you are asking the Lord to answer so you can write down when the Lord answers them.
- Make your **last request** be that you live your life that day bringing glory to God.
- Go about your day in the power of Christ!

3. My QT commitment:

Time _____

Place _____

When I will begin _____

*Jesus' call to spend time with Him can be seen in
Revelation 3:20*

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.