

Your Personal Discipleship Plan

Three simple practices for growing as a follower of Jesus: read, pray for change, and share

But grow in the grace and knowledge of our Lord and Savior Jesus Christ.

2 PETER 3:18

AT A GLANCE

BIG IDEA	A disciple is a learner and follower of Jesus. You grow as a disciple by reading God's Word, praying specifically for Christ-like change, and sharing your faith with others.
SCRIPTURE	Acts 17:11 · 2 Peter 3:18 · Romans 3:23; 5:8; 6:23; 10:9-13 · 1 Peter 3:15
LENGTH	About 20 minutes, plus time to start the plan
BEST FOR	Middle school and high school; ideal for small groups or one-on-one mentoring
YOU WILL NEED	Bibles, pens, and a notebook or this sheet for each student

Start here: what is a disciple?

The word *disciple* means a learner or apprentice. In Jesus' day, a disciple didn't just take notes; he followed his teacher everywhere, learning to think, talk, and live like him. Jesus said, "Follow Me" (Matthew 4:19). Being His disciple means learning to live like Him.

Growth doesn't happen by accident. Here is a simple personal discipleship plan with three parts.

A Read the Bible

The believers in Berea were praised because "they received the word with all readiness, and searched the Scriptures daily" (Acts 17:11). Here are two ways to read:

1. **Study by topics or read through books.** Pick a topic you need (prayer, anxiety, friendship, purity) and look up what the Bible says, or read straight through a book like Mark, John, James, or Philippians.
2. **Discuss what you find with other Christians.** Share one thing you learned each week with a friend, parent, or leader. Talking about it helps it stick.

B Pray for specific changes

Ask God for specific, definite changes in your life that will make you more like Jesus. Not "help me be good," but "help me stop snapping at my sister" or "help me be honest about my grades."

1. **Write them down** and pray for them every day.
2. **Write down a plan** to grow in each one, and keep praying daily.
3. **Work out the plan**, praying daily. Paul says, "work out your own salvation with fear and trembling; for it is God who works in you" (Philippians 2:12-13). You do the work; God gives the power.

MY GROWTH LIST

1. One way I want to become more like Jesus:

My plan:

2. Another way:

My plan:

C Share your faith

"Always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear" (1 Peter 3:15). Here's how to get ready:

1. **Learn the "Romans Road."** These verses in Romans walk someone step by step to Jesus:

VERSE	THE STEP
Romans 3:23	Everyone has sinned: "all have sinned and fall short of the glory of God."
Romans 6:23	Sin earns death, but God offers a gift: "the gift of God is eternal life in Christ Jesus our Lord."
Romans 5:8	Jesus paid for our sin: "while we were still sinners, Christ died for us."
Romans 10:9-10	We respond by faith: confess Jesus as Lord and believe God raised Him from the dead.
Romans 10:13	God promises: "whoever calls on the name of the LORD shall be saved."

2. **Write out your testimony:** how you came to trust Jesus and why He matters to you. Keep it short (about three minutes): what your life was like, how you met Jesus, and how He's changing you.

3. **Practice with a few Christian friends.** Share your testimony and walk through the Romans Road with each other.
4. **Share with a few friends who don't believe.** Pray for them by name first, then look for natural opportunities.

FOR THE LEADER

Walk through this plan with students one-on-one or in small groups, and check in every week or two. Celebrate small wins. Students will grow faster when someone they trust is walking alongside them.

TALK IT OVER

1. What is the difference between a church attender and a disciple?
2. Which way of reading the Bible (topics or whole books) do you think would work best for you right now? Why?
3. Why is it important to pray for specific changes instead of general ones?
4. Which step of the Romans Road would be hardest for you to explain? Let's practice it.
5. Who are two friends you could share your faith with this month?

TAKE IT HOME

Fill in your growth list and choose a book of the Bible to start reading this week. Write the Romans Road verses in the back of your Bible, and write a first draft of your three-minute testimony. Share it with a leader or Christian friend by next week.

Read. Pray for change. Share. Keep following Jesus.

From fifty years of youth ministry by **Ron Whittam**. Share freely with your students and leaders. · The Youth Ministry Living Room · qrprogramming.com/livingroom

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