

# A 60-day plan of transformation into Christlikeness

## Day #10: Discipleship-1 (Introduction)

For latest edition of this article, see <http://www.fbcweb.org/Doctrines/day-10.pdf>

1. Solitude with God: I suggest at least 30 minutes of solitude with God, preferably before you interact with the world. Apart from solitude with God, it is hard to see how anyone could have anything but a very superficial spiritual life with God. Let me suggest 3 options for this lesson under solitude with God.

a. #1: Use the 30 minutes for the following: read a portion of Scripture; reflect on God, His grace, His goodness, and your place in the plan of God; pray for each member of your family; reflect on your life and note problem areas of our spiritual life (e.g., you are not as close to God as you would like to be, you do not pray regularly, you do not spend time meditating on the Word of God, you do not love all of those you come into contact with, you would rather talk to them than listen to them, bitterness, dissatisfaction, boredom, talk too much, you enjoy pointing out the faults of others, illicit sexual thoughts, do not love your neighbors, watch too much cable TV, your addictions to food, sex, etc). Go to God in prayer and ask God to change you.

or

b. #2: Use the 30 minutes to listen to the Word of God. I recommend Max McClean's reading of Scripture. It is available on Audible and you can pick up the whole Bible read by him for only 1 credit: see [https://www.amazon.com/Listeners-Audio-Bible-International-Performance/dp/B017XWVJD4/ref=sr\\_1\\_4?keywords=max+mcclean+bible+audible&qid=1565631698&s=gateway&sr=8-4](https://www.amazon.com/Listeners-Audio-Bible-International-Performance/dp/B017XWVJD4/ref=sr_1_4?keywords=max+mcclean+bible+audible&qid=1565631698&s=gateway&sr=8-4). I also recommend starting with Matthew, which will be the foundation of our discipleship studies.

or

c. #3: After you spend time with the Lord in prayer, proceed with this study on discipleship with point 2 below. Read all the listed passages in the follow sections.

2. Discipleship.

a. The New Testament is about disciples, by disciples, and for disciples.

b. Disciple. In a general sense, a disciple is a committed follower of a person or his teachings. The Bible records disciples of Moses (Jn 9:28), disciples of the Pharisees (Matt 22:16, Mark 2:18; Luke 5:33), disciples of the John the Baptist (Mat 9:14; Mark 2:18; Luke 5:33; Jn 1:35; 3:25), and a disciple of Jesus Christ.

- c. As far as being a disciple of Jesus Christ, a disciple of Jesus is one who has come to Jesus for eternal life, has claimed Jesus as Savior and God, and has embarked upon the life of following Jesus.
- d. Behind our English word *disciple* like the Latin term *discipulus* and Greek word *mathetes*. Both the Latin and the Greek have linguistic relationship to verbs for learning in their earliest history. In sum, they referred to learners and students and eventually the meaning was broadened to refer to adherents of a great master.
- e. Everyone is a disciple of others, usually several people. We are disciples of our mothers, fathers, siblings, culture, environment, cable news, teachers, and virtually everyone we learn anything from. There are no exceptions. Every person learns and becomes an amalgamation of thoughts and ideas, images, and reasoning patterns. And these ideas do not have to agree with each other. Take socio-politico-economics: which do you think has more influence on Christians, the secular world or the Lord, in light of the fact that many Christians only listen to Bible teaching 1-2 hours a week (and such teaching does not include the socio-politico-economics of Jesus), but listen to cable news 8+ hours a day?
- f. There are several different models of discipleship. The one adopted by this method emphasizes the transformation model. A quick review of what this discipleship plan is NOT.
  - i. This discipleship plan is not a program. This means that it is not a curriculum that one finishes and graduates from. Although it may appear to be a set program with the title “60-day plan” in that it starts on day 1 and finishes on day 60, this is not the goal in this plan. This plan is more like a 60-day introduction into following Jesus. It introduces you to a new way of life.
  - ii. This discipleship plan is not a production line. We are all different with different backgrounds, personality, knowledge, strengths, weakness, and pressing issues. This is not the cookie cutter approach. This plan is to provide you with the spiritual disciplines found in the Bible for becoming a disciple for Christ. Christ continues to treat each differently according to our makeup as He did with John and Peter. Discipleship does not erase personality differences.
  - iii. This discipleship plan is not just for beginners. It is for everyone from the new believer to the most advanced. While this plan will include some information that is basic, the focus is to provide you with the means of presenting your body and mind to the Lord for transformation (Rom 12:1-2) into Christlikeness.

- iv. This discipleship plan is not just for serious Christians. God’s plan for discipleship is for all Christians—no exceptions. To reject discipleship is reject God plan for your life and forfeit many promises in the New Testament that can only be claimed by those who are disciples, e.g., Romans 8:28, which says that all things work together for good for those who love the Lord. Unless one is an active disciple, there is no way one can love God with all of his heart, soul, mind, and strength.
- v. This discipleship plan is not just for the well-educated or highly literate. While it will cover some complex ideas, these ideas are broken down and used to help the believer put himself in a position to receive the grace of God needed for transformation. A person does not have to be one who reads widely and deeply to benefit from this program. You do not have to have a rich biblical or philosophical background.
- vi. This discipleship plan is not just for those who like structure. Again, this is not a program. If you do not have time to go through a daily disciple plan, just skip it. You can read different parts of Scripture. You can just use the time to pray. You can memorize other passages. This plan is just a plan for those who would have no idea where to start. But it is just a recommended graduated plan. The goal is to follow Jesus, this plan just outlines how one might go about that.
- vii. This discipleship plan is not built on humanistic positive thinking programs designed to change one’s mind by sheer acts of positive thinking. It is thoroughly biblical, theological, and philosophical (philosophical realism, philosophical psychology).
- g. Discipleship involves spiritual discipline: “Train yourself to be godly” (Γύμναζε δὲ σεαυτὸν πρὸς εὐσέβειαν, 1 Tim. 4:7). Paul knew that people can’t be godly—conformed to the image of Christ—without discipline. Discipline is tough to learn on your own. It takes spiritual exercise. You much more likely to learn with support or a plan.

### 3. Scripture reading on discipleship.

- a. Discipleship is all about following the words and person of Jesus Christ, read Matthew 28:18-20.
- b. Daily we are building the house of our inner lives: minds (thought life), hearts (desires), emotions, souls. Note the two options: Matthew 7:24-28, *"Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock: 25 "and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock. 26 "But everyone who hears these sayings of Mine, and does not do them, will be like*

*a foolish man who built his house on the sand: 27 "and the rain descended, the floods came, and the winds blew and beat on that house; and it fell. And great was its fall." 28 And so it was, when Jesus had ended these sayings, that the people were astonished at His teaching.*

- c. Discipleship is about knowledge. It requires abiding in the Word of God. Read John 8:31-36 and note the requirement for discipleship and the blessedness of discipleship: freedom from the power of sin. Read Hosea 4:6 and note why God destroys His own people—it is not lack of faith.
  - d. Discipleship is known by the fruit of love, John 13:35. This new command of love goes beyond turning the other cheek, forgiving someone who hurt you, or blessing those who curse you. Jesus asks us to do the impossible: to love other people until they “get it.” This orientation will transform you from being a taker to becoming a giver—a giver of love, joy, and peace to all others. We are to love others as He loves us. We are to love much. For only in this love will we be marked out: “By this all men will know that you are my disciples.”
4. Spiritual exercise (1 Tim 4:7).
- a. In your quiet time, ask God to make you a more loving person.
  - b. Believe in God’s strength and plan to transform you into Christlikeness; pursue your prayer. Make efforts to actualize this desire to be more loving: e.g., stop and visit a homeless person, write a letter to an estranged family member, pray for your neighbors, get out of the house and meet new people, become part of a church family, make an effort to have a relationship with someone who is different, racially and politically. You cannot actualize these acts of God’s will and not be transformed into the image of Christ. You cannot help but become a better person.
  - c. Avoid, at least for one day, all negative emotions like anger, fear, hate, bitterness, jealousy, vindictiveness. This will probably require you to not watch cable news for this day given that they feed grievance, fear, and hate. If you really want to make advancing on being a loving person, which brings joy and peace, do not watch cable news for a week.

### **The 60-day transformation of the mind, heart, and emotions into Christlikeness**

- Day 1 – A life that lacks nothing (Psalm 23), <http://www.fbcweb.org/Doctrines/day-1.pdf>  
Day 2 - Satan, the enemy (1 John 2:15-16), <http://www.fbcweb.org/Doctrines/day-2.pdf>  
Day 3 – Review, reflect, journaling, and Psalm 19, <http://www.fbcweb.org/Doctrines/day-3.pdf>  
Day 4 – The six areas of inner transformation, <http://www.fbcweb.org/Doctrines/day-4.pdf>  
Day 5 – The Word of God, Joshua 1:8; Psalm 1, <http://www.fbcweb.org/Doctrines/day-5.pdf>  
Day 6 – 2 warnings & promise of transformation, <http://www.fbcweb.org/Doctrines/day-6.pdf>  
Day 7 - Solitude, Disciplines, Transformation, <http://www.fbcweb.org/Doctrines/day-7.pdf>

Day 8–VIM (Vision-Intent-Means) & transformation, <http://www.fbcweb.org/Doctrines/day-8.pdf>

Day 9–Solitude with God & Christ’s transformative easy yoke, <http://www.fbcweb.org/Doctrines/day-9.pdf>

Day 10– Discipleship-1, <http://www.fbcweb.org/Doctrines/day-10.pdf>

*Testifying to our need for discipleship under Christ,  
Pastor Don*