



# Can I Go Deeper?

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## Overview:



**Living Life:** How should our theology and understanding of Jesus impact how we live?

In this session, we will explore discipleship and how we can invest in our walk with Jesus. We will explore biblical perspectives and practical ways to engage with how to live the Christian life in 2026.

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## Road Map:

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Then:

- Discipleship
- Vision for discipleship (John 15)

Now:

- Theological Reflection
- Discipleship & Spiritual Formation
- Discipleship: Practical Tips

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## Road Map:

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- Who are you becoming?
- Who are you following?
- What are you being formed by?

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## Discipleship:

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Disciple: μαθητής, mathētés (noun) meaning a learner, disciple or pupil

"A disciple is, as we have seen, **simply a learner**; and this, ultimately, is what the disciple learns: how to be a place in the world where the act of God can come alive."

*Rowan Williams: Being Disciples: Essentials of the Christian Life, p.18*

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## Discipleship:

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Disciple: μαθητής, mathētés (noun) meaning a learner, disciple or pupil

Hebrew: *talmid* "student of a teacher or philosopher"

### **Greco-Roman World:**

Socrates - Plato - Aristotle

### **Jewish educational system:**

*Bet sefer*: "the house of the book"

*Midrash*: "the house of learning"

Rabbi Apprentice ... "Come and follow me"

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## Discipleship:

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"Disciple (*mathētēs*) says **we are people who spend our lives apprenticed to our master, Jesus Christ.** We are in a growing-learning relationship, always. A disciple is a learner, but not in the academic setting of a schoolroom, rather at the work site of a craftsman."

Eugene Peterson



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## Discipleship:

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DISCIPLE = VERB  
CHRISTIAN X 3  
DISCIPLE X 269

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## Discipleship:

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*“You can only make **disciples by engaging life to life, person to person.** That is why the Lord Jesus walked and talked, ate and prayed, laughed and wept with his disciples... **He made disciples by sharing life with them.**”*

*Rose Dowsett, The Great Commission, p.157*



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## Discussion break:

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**John 1:35–42.** What do you notice about Jesus and the disciples in these passages? What stands out?

**Read John 6:60–69.** What do we notice here about what discipleship looks like?



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## Vision for Discipleship:

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### John 15:4-8 NRSV UE

<sup>4</sup> **Abide** in me as I **abide** in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you **abide in me**. <sup>5</sup> I am the vine; you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing. <sup>6</sup> Whoever does not **abide** in me is thrown away like a branch and withers; such branches are gathered, thrown into the fire, and burned. <sup>7</sup> If you **abide** in me and my words **abide** in you, ask for whatever you wish, and it will be done for you. <sup>8</sup> My Father is glorified by this, that you bear much fruit and become<sup>[c]</sup> my disciples.

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## Vision for Discipleship:

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**Abide** GK: *meno ... remain, abide, make home*

*Abiding* > *Activity*

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## Discipleship:

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*“**Discipleship is about how we live**; not just the decisions we make, not just the things we believe, but a state of being. It’s very telling that, at the very beginning of John’s gospel (John 1:38–39), when the two disciples of John the Baptist come to Jesus they say, ‘Rabbi, where are you staying?’ Jesus says, ‘come and see’, and they stay with him for the rest of the day. The gospel teaches us that the bottom line in **thinking about discipleship has something to do with this staying.**”*

*Rowan Williams: Being Disciples: Essentials of the Christian Life, p.1*



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## Transformation:

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### 2 Corinthians 3:18

*And we all, who with unveiled faces **contemplate** the Lord’s glory, are being **transformed** into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.*

*contemplate – GK: κατοπτρίζομαι katoprizo “gaze, behold”*

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## Discussion break:

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**John 1:35–42.** What do you notice about Jesus and the disciples in these passages? What stands out?

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## Theological Reflection

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- Green, Laurie, *Let's Do Theology: Resources for Contextual Theology: Resources for Contextual Theology*, 2009
  - Experience
  - Explore
  - Reflect
  - Respond

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## Discussion break:

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### *Theological Reflection:*

*Take a situation you've experienced lately – can be anything – do some theological reflection together ...*

**Experience** – what is something that has stayed with you?

**Explore** – what was happening within this experience?

**Reflect** – connect in with theology here – how does this connect to your faith?

**Respond** – where do we go from here?



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## Spiritual Formation

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### *Attention economy*

Dallas Willard to John Mark Comer “hurry the greatest enemy of spiritual life in our day ... you must ruthlessly eliminate hurry from your life.”



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## Spiritual Formation

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John 6

Vs.60: On hearing it, many of his disciples said, "This is a hard teaching. Who can accept it?"

Vs.68: Simon Peter answered him, "Lord, to whom shall we go? You have the words of eternal life."

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## Spiritual Formation

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*"The liturgy is a "hearts and minds" strategy, a pedagogy that trains us as disciples precisely by putting our bodies through a regimen of repeated practices that get **hold of our heart and "aim" our love toward the kingdom of God. Before we articulate a worldview, we worship.**"*

Desiring the Kingdom: Worship, Worldview and Cultural Formation, p.33



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## Spiritual Formation

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“Worship works from the top down, you might say. In worship we don’t just come to show God our devotion and give him our praise; we are called to worship because in this encounter God (re)makes and molds us top-down. **Worship is the arena in which God recalibrates our hearts, reforms our desires, and rehabilitates our loves.** Worship isn’t just something we do; it is where God does something to us. Worship is the heart of discipleship because it is the gymnasium in which God retrains our hearts.”

James K.A. Smith, *You Are What You Love: The Spiritual Power of Habit*



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## Discipleship: Practical Tips

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## Discipleship: Practical Tips

- Start with where you are, not where you think you "should" be.
- Take into account your season of life.
- Discipleship is about doing less, not more. It begins with abiding.
- There is no formation without repetition.
- Discipleship is done in community.

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## Discipleship: Practical Tips

### The Greatest Commandment

Mark 12:28-31

One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, "Of all the commandments, which is the most important?"

"The most important one," answered Jesus, "is this: 'Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your **heart** [καρδία] and with all your **soul** [ψυχῆς] and with all your **mind** [διάνοια] and with all your **strength** [ἰσχύς].' The second is this: 'Love your neighbour as yourself.' There is no commandment greater than these."

**HEART | SOUL | MIND | STRENGTH**

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## Spiritual Practices:

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**Richard Foster, The Celebration of Discipline**

**Inward Disciplines:**

- Meditation
- Prayer
- Fasting
- Study

**Outward Disciplines:**

- Simplicity
- Solitude
- Submission
- Service

**Corporate Disciplines:**

- Confession
- Worship
- Guidance
- Celebration

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## Spiritual Practices:

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**John Mark Comer, Practicing the Way:**

**The Nine:**

1. Sabbath
2. Solitude
3. Prayer
4. Fasting
5. Scripture
6. Community
7. Generosity
8. Service
9. Witness

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## Spiritual Practices

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### MORNING | NOON | NIGHT ... PRAYER

#### Daily Examen

1. **CENTRE.** Take a moment to become aware of God, myself, and my surroundings. What are you noticing?
2. **GRATITUDE.** What am I thankful for?
3. **REVIEW.** What brought me joy? What has challenged me? Where do I need to repent?
4. **LOOK AHEAD.** Make a decision in your heart to live for Jesus tomorrow and ask for grace to see His presence more clearly.

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## Overview

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- Who are you becoming?
- Who are you following?
- What are you being formed by?

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# Discipleship: Rule of Life

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HEART | SOUL | MIND STRENGTH

1. Sabbath
2. Solitude
3. Prayer
4. Fasting
5. Scripture
6. Community
7. Generosity
8. Service
9. Witness

Building your own rule of life ... What life are you building? Take some time to reflect.



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