

# Youth Discipleship Approach 101

(Utilizing notes from Jim Beckmans Discipleship Approach 101 course)

## Definition of a Disciple of Jesus

**Someone In Relationship:** A disciple is defined by someone who is in an active committed relationship with God the Father, God the Son, and God the Holy Spirit.

- What does a disciple do?
  - **Prays:** A disciple frequents prayer and accesses the Grace God offers them.
  - **Follows:** A disciple follows God and is challenged and transformed by following Him.
  - **Studies:** A disciple studies who God is and grows in a deeper understanding of Him.
  - **Evangelizes:** A disciples can't help but tell those they meet about Jesus.
  - **On Mission:** A disciple recognizes those who God is drawn too (the poor, lonely, afflicted), and in a mysterious way, participates in the salvation of others. God is not going to save us without us (G.K. Chesterton). God made us without us, a pure gift, but He won't save us without us. God depends on our participation.
- To become a disciple, what does it take: Honesty / Consistency (things in my control).
- What is the end result: Holiness / Real Transformation / Bearing Fruit / Intimate Friendship

## FRAMEWORK FOR A DISCIPLESHIP APPROACH

### Key Ingredients

- **Relationship - Mentorship - Content**

### Earmarks

- **Intimacy** (Deeper not wider)
- **Customization** (Meet them where they are at)
- **Mutual Responsibility** (The mentee and mentor both have to take an active approach)
- **Accountability** (Practice daily disciplines)

### Types of Formation

- **Human:** In real time, teaching them how to have fun with one another, as well as provide for a person's immediate needs. Things like compassion, empathy, how to care for someone who is hurting, praying for someone in need, asking how the group can help in any given situation.
- **Spiritual:** Witness and imitate how one can fall in love with the three persons of the Most Holy Trinity, how to find joy, consolation, stability, and purpose in the Gospel message, how to "lose your life for my sake" so you can find it.
- **Intellectual:** Learn about morality, how to have a biblical worldview, sacred tradition, church teachings, book studies, etc
- **Pastoral:** Teach them how to give the gift of human, spiritual, and intellectual formation to someone else.

### Approach (Acts 2:42-47)

- **Prayer** (Pray)
- **Fellowship** (Connect)
- **Teaching** (Discuss)
- **Mission** (Commit)

*Not everyone is called to journey with young people, but if you are, wow! There is nothing better that you can do with your life than make a positive impact in the life of a young person that changes the trajectory of their life for the better. - Jim Beckman*