

Growth #2 - Discipleship

Bob and Mick shared some practical examples and tips for discipline one-another. Bob started by looking at the passages where the Greek verb to make disciples, *mathēteuō*, is used - [Matthew 28:18-20](#), [Acts 14:21](#), [Matthew 27:57](#), [Matthew 13:52](#)

1. What sticks out from these passages? (Hint: discipline is more than just converts). Has this been your experience in church?

Read the story of Jesus healing the paralytic man in [Mark 2:1-12](#).

2. How do you think this story relates to discipleship? Can you remember what Sunday Club shared at the end of the service?
3. In the story, the paralytic man has people around him who have the faith to take him to Jesus and go as far as climbing on to the roof of a house to lower him in. Who in your Christian life “carries your mat” or could carry your mat? Whose mat do you carry? Whose mat could you carry?
4. Mick shared some tips for a healthy “running partner “ discipleship relationship (they’re listed at the end to help refresh your memory). We’re there any that you hadn’t considered before or found particularly helpful? Is there anything you would add?
5. At the end, Mick challenged everyone to consider their next step:
 - a. Every single person has something that they can share and that others can learn from. What is yours?
 - b. Is God putting someone on your heart as a running partner to that you could bless in an apprenticeship context?
 - c. Have you invited someone in to share your life with? Is God nudging you to ask someone?

What is your next step? Have you already done it? Set yourself a reminder to ask each other next week whether you have acted on your next step.

Tips for a healthy running partner relationship

- Encourage each other as often as you can!
- Ask a lot of questions. Some examples of this might be:
 - What do you think God is wanting to do in your life?
 - What one thing can you do this week to help you grow in this area?
 - How is your relationship/marriage?
 - How is work going?
 - How can I pray for you this week?
- See each other regularly. It doesn’t have to be frequent but it does have to be regular. Maybe set the time for next meeting before you leave each time you meet.
- Be vulnerable. Being open and honest is the best way to see growth for both of you

- Only give advice when you are invited to.
- You should rebuke only when it is absolutely necessary and ALWAYS from a place of love.
- Do not judge or condemn! **Romans 2:1**
- Be discreet. If someone is going to be vulnerable and share life with you then you need to know you're not going to tell the whole church about the things you have discussed!