DISCIPLESHIP PATHWAY

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LET'S FOLLOW
JESUS TOGETHER—
INTO DEEPER
FAITH, STRONGER
COMMUNITY, AND
A LIFE LIVED ON
MISSION.

DISCIPLESHIP PATHWAY

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WELCOME TO THE DISCIPLESHIP PATHWAY

"Come, follow me," Jesus said, "and I will send you out to fish for people." At once they left their nets and followed him.

MATTHEW 4:19–20 (NIV)

Discipleship begins with a call: "Follow me." It is the most life–changing invitation ever given, not just to believe in Jesus, but to walk with him, become like him, and join him in his mission to redeem the world. From the shores of Galilee to campuses and communities today, Jesus is still calling people to leave behind what's familiar and step into something far greater — a life marked by love, purpose, and transformation.

The Discipleship Pathway is a response to that call. It is more than a series of lessons. It is an intentional journey of becoming. Anchored in the gospel and inspired by Cru's long history of discipleship, this pathway invites you into a story far bigger than your own. It is a journey through the foundational truths of the Christian life; truths meant not just to be known, but deeply experienced and shared with others.

We live in a world aching for clarity and hope. Questions around identity, truth, purpose, and belonging are louder than ever. And maybe you've asked those questions too. The good news is that Jesus meets us right where we are, but he never leaves us there. He invites us to walk with him, to be changed by him, and to live on mission with him. As Dallas Willard once said, "There is nothing wrong with the church that discipleship will not cure." The need is great, but the invitation is open and the harvest is ready.

Woven throughout these lessons is a kingdom mindset, helping you to understand the bigger gospel story and your place in it. Who is God? What is the Bible? What is your purpose? Alongside others, you'll explore what it means to be rooted in God's love, filled with his Spirit, grounded in his Word, and sent out to impact the world. These are not abstract ideas. They are truths to be lived and practiced in the context of real life, real relationships, and real mission!

“WHATEVER YOU HAVE LEARNED OR RECEIVED OR HEARD FROM ME, OR SEEN IN ME, PUT IT INTO PRACTICE. AND THE GOD OF PEACE WILL BE WITH YOU.”

PHILIPPIANS 4:9 (NIV)

Discipleship isn’t just about knowing more, it’s about becoming more like Jesus. As you spend time in his Word, in prayer, memorizing Scripture, sharing your story, and walking in community, you’ll grow! Not just in what you know, but in how you live and love.

As you begin this journey, know this: you are not alone. You are part of a rich legacy of disciple–makers, a family on mission, a movement of people who believe that every follower of Jesus is also a leader of others. Whether you are discipling one person or leading many, this pathway is for you. It exists to help you walk more closely with Jesus and to help others do the same.

Let us follow Jesus together into deeper faith, stronger community, and a life on mission.

“AND THE THINGS YOU HAVE HEARD ME SAY IN THE PRESENCE OF MANY WITNESSES ENTRUST TO RELIABLE PEOPLE WHO WILL ALSO BE QUALIFIED TO TEACH OTHERS.”

2 TIMOTHY 2:2 (NIV)

LEADER'S GUIDE TO THE DISCIPLESHIP PATHWAY

As you disciple others, you are doing more than walking someone through biblical truths, you are entering into a Spirit–led process of transformation. The Discipleship Pathway is designed to help followers of Jesus build their lives on the foundation of the gospel while experiencing personal renewal, spiritual rhythms, and spiritual multiplication.



EACH LESSON IS INTENTIONALLY CRAFTED not just to inform the mind but to shape the whole person, forming our thoughts, affections, and actions into the likeness of Christ. Your role is to help connect the truth of God's Word to the real and present experiences of your disciple through the power of the Holy Spirit and within the support of gospel–centered community.

This journey was never meant to be walked alone. Through Scripture study and spiritual practices like prayer, story–sharing, and reflection, your disciple will be shaped by God's love and truth. And as they grow, they will be equipped to help others do the same. That is the power of multiplication, and your leadership plays a vital role.

THESE LESSONS ARE DESIGNED TO BE HIGHLY TRANSFERABLE. Written with clarity and simplicity, they empower any disciple, regardless of background or experience, to turn around and walk someone else through the same content. As a leader, you are modeling a reproducible process. While parts of the material may feel familiar, remember that for your disciple, this may be the first time they are encountering these foundational truths. For a more mature disciple, even if they know these truths, this may be the first time they are stepping out in faith to disciple a younger believer. Everything you do with them is something they can do with others.

LEADING THROUGH THE DISCIPLESHIP TOPICS: Before meeting with your disciple, set aside time to familiarize yourself with the content, pray for your disciple, and ask the Holy Spirit to guide you, speak through you, and work in their life. Remember, you don't need to have all the answers! Lead with humility and vulnerability. As you open his Word, he promises it will reach the deepest places of the heart, and his Spirit will bring conviction and change. Entrust both your disciple and yourself to him. He is faithful to shape you both into his image.



LAUNCH

GOAL: SPARK CURIOSITY AND PERSONAL REFLECTION

Start with the "Launch" section's introductory question or short reflection. This is a chance to create space for openness, honesty, and connection, and this often begins with you! Encourage your disciple to share freely. Oftentimes this reveals where God may want to work that day. Listen actively.

Example from the Identity lesson: Asking "how do you introduce yourself?" helps surface how we define ourselves and prepares us to reframe our identity in Christ.



EXPLORE

GOAL: LET SCRIPTURE DO THE HEAVY LIFTING

In this section, you'll explore key Bible passages related to the topic. Be careful not to rush. Take time to read the verses aloud together and allow space for reflection. Invite your disciple to notice repeated words, images, or patterns. Use the provided questions to guide deeper discussion.

Depending on time, you may also encourage them to consider:

- Who is God in this passage?
- What has he done?
- What does that say about who we are?

Create space for wonder and wrestling. Invite the Holy Spirit to speak.

In the Identity lesson, passages like Romans 8, 1 Peter 2, and 2 Corinthians 5 help reframe who we are through the gospel. Similar insight comes through in every lesson. Let the Word shine.



PUTTING THE PIECES TOGETHER

GOAL: HELP THEM CONNECT THE DOTS

Here, you'll read through the section together that will summarize the themes and key takeaways from the Scriptures. This may feel redundant, but this is where you help your disciple synthesize what they've seen. Contrast common cultural narratives with the gospel truth. **Feel free to further contextualize this part so it connects to your disciple's day–to–day life.** You may want to ask a question or two that leads them to articulate the transformation the gospel offers.

Encourage personal reflection:

- "What have you believed in the past?"
- "What feels freeing or challenging about this truth?"
- "How does this change how you see yourself or live your life?"

In the Identity lesson, this means contrasting performance-based worth with grace-based identity.

BIG IDEA

GOAL: REINFORCE THE CORE MESSAGE

Each lesson has a "Big Idea" that distills the heart of the teaching. **Before you get here, you may want to ask your disciple to summarize what they just read and learned in the "Explore" section.** Read the "Big Idea" aloud together. Talk about it. You can ask your disciple to rephrase it in their own words. As you prepare, you may even want to think about creative ways to cement the truth and make it more memorable.

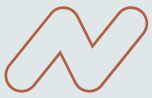


RESPOND

GOAL: INVITE SPIRIT-LED APPLICATION AND SURRENDER

Use the reflection questions to guide personal application. Again, you may decide to adjust some of the questions (contextualize) so it connects more with your disciple. Don't rush this moment. Let the disciple reflect prayerfully and be okay with silence. This is a time to practice discernment because some lessons may surface emotion, repentance, or celebration.

And don't forget to close with prayer! You can either use one the disciple offers, or the one provided. **The suggested prayer reflects a heart posture of someone who is receiving and desiring to walk in the truth of each discipleship topic.** This part is so important. Prayer is powerful and is often where truth moves from the head to the heart.



PUTTING IT INTO PRACTICE

GOAL: CULTIVATE SPIRITUAL RHYTHMS THAT LEAD TO TRANSFORMATION

Help your disciple take what they've learned and live it out. Each lesson offers 5–7 practical and foundational exercises. These include:

- Scripture meditation
- Prayer practices (e.g., spiritual breathing, written prayer)
- Sabbath or retreat rhythms
- Journaling and reflection
- Worship and Scripture memory
- Witness (sharing your story and the gospel)

Encourage them to choose 2–3 practices to engage that week. Help them select a balance of practices that are both internal and external. **Be sure to check in next time to hear what God did through the process.**



FOR THE DISCIPLE DURING THE WEEK

Invite your disciple to revisit the content throughout the week. Some of the discipleship topics are followed by short, related articles. Encourage them to read the one that corresponds to your most recent discussion. These can be found in the appendix at the back of the book.

Be sure to follow up on their "Putting it Into Practice" steps. Celebrate the ways you see them growing and taking steps of faith.

Encourage them to memorize the week's Scripture verse. Hiding God's Word in our heart is a vital part of shaping our thoughts, affections, and actions.

ADDITIONAL ENCOURAGEMENT

MULTIPLICATION VISION: CALLED TO MORE

Every disciple is also called to be a disciple–maker. Remind your disciple that what they're receiving isn't just for them. They've been invited into the story of God as they are redeemed, restored, and now sent.

As they grow, encourage them to:

- Share what they're learning
- Pray about who they can invest in
- Begin leading others through these same lessons

The witness practices in the "Putting it into Practice" sections will help to start them on a journey of multiplication. ***Everything you're doing with them, they are equipped to do with someone else.***

TRUST THE SPIRIT

Transformation is the work of the Holy Spirit, and growth happens over time, not all at once. At times, you may feel frustrated if your disciple isn't experiencing freedom or growing at the pace you hoped. Take heart, the Lord is at work! You are not alone in leading. The Holy Spirit is your guide:

- He empowers your questions
- He illuminates Scripture
- He convicts and comforts
- He brings real transformation

Ask for his help before and during each session. He is faithful.

KEY EXPERIENCES TO REINFORCE THROUGHOUT THE PATHWAY:

- Opening and exploring Scripture together
- Sharing personal stories of faith, struggle, and growth
- Memorizing and meditating on key verses
- Practicing spiritual disciplines weekly
- Praying deeply and listening to the Spirit
- Walking in community, not isolation
- Engaging in gospel witness and multiplication

These are the building blocks of lifelong, multiplying discipleship.

A LEADER'S PRAYER

"Jesus, thank you for calling us to follow you and for entrusting us with the sacred privilege of making disciples. Lift our eyes to you. Remind us that it is not by our strength, wisdom, or skill that hearts are changed, but by your Spirit at work in and through us.

As we lead others through this pathway, form us too. Let these truths sink deep into our minds, awaken fresh love in our hearts, and transform the way we live. May your Word take root. May your Spirit move freely. May our love for you and others grow deeper. May our lives be marked by surrender, joy, obedience, and power.

Use us, Lord. Multiply what we offer. Let our small steps of faith ripple out into eternal impact. We ask for more than what we can accomplish. Would you do what only you can do? Bring healing, freedom, repentance, and renewal. Raise up disciple–makers who reflect your heart and carry your name to the ends of the earth.

All for your glory, Amen."

CONFIDENT IN CHRIST

LESSON 1: LIVING WITH THE ASSURANCE OF SALVATION

LAUNCH

There are very few certainties in our world. The ever–changing world makes it easy to question if anything is certain.

The same applies to our salvation. The great news is that you can have the assurance of salvation and know that you have eternal life.

- When did you first put your trust in Christ for salvation? Has there been a time when you doubted your salvation?

EXPLORE

READ: 1 JOHN 5:11–13 (ESV)

1 JOHN 5:11–13 (ESV)

11 And this is the testimony, that God gave us eternal life, and this life is in his Son. 12 Whoever has the Son has life; whoever does not have the Son of God does not have life. 13 I write these things to you who believe in the name of the Son of God, that you may know that you have eternal life.

JOHN 3:16 (NIV)

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

JOHN 17:3 (NIV)

Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent.

ROM 10:13 (NIV)

For, "Everyone who calls on the name of the Lord will be saved."

BIBLICAL CONTEXT

The New Testament transitions Christians from a system of legalistic works to a relationship based on God's divine grace found in Jesus Christ. The assurance of salvation is the certainty that our sins are forgiven and that we have received the gift of eternal life. At its core, the doctrine of assurance of salvation is the confidence that a believer is saved by grace and will inherit eternal life based on faith in God's Son, Jesus, not on their own works or merit. The apostle John has much to say about this truth in the epistle 1 John as well as his Gospel account.

SCRIPTURAL FOUNDATION

- 1 JOHN 5:11–13 (ESV)
- JOHN 3:16 (NIV)
- JOHN 17:3 (NIV)
- ROMANS 10:13 (NIV)
- 2 CORINTHIANS 5:1-5 (NIV)

DISCUSS TOGETHER

1. Looking at 1 John 5:11–13, what is the "testimony" in this passage? Who is John writing to and what did he want them to know?
2. According to these verses in 1 John, where is eternal life found, and what has God given to the believer who has it? What is true if you don't have the Son?
3. After reading all the verses, what specific promises do you see that God makes to us?
4. Why do you think it is important that we have assurance of our salvation?

2 COR 5:1–5 (NIV)

1 For we know that if the earthly
tent we live in is destroyed, we
have a building from God, an
eternal house in heaven, not built
by human hands. 2 Meanwhile
we groan, longing to be clothed
instead with our heavenly dwelling,
3 because when we are clothed,
we will not be found naked. 4 For
while we are in this tent, we groan
and are burdened, because we do
not wish to be unclothed but to be
clothed instead with our heavenly
dwelling, so that what is mortal
may be swallowed up by life. 5 Now
the one who has fashioned us for
this very purpose is God, who has
given us the Spirit as a deposit,
guaranteeing what is to come.

KEY TRUTHS

READ: 2 CORINTHIANS 5:1-5 (NIV)

WHAT IS THE ASSURANCE OF SALVATION?

Assurance of salvation is the certainty that our sins are forgiven and that we have received the gift of eternal life.

HOW CAN I HAVE ASSURANCE OF SALVATION?

Assurance of salvation comes through a personal relationship with Christ, founded on faith in his death, burial, and resurrection as a free gift.

WHY IS ASSURANCE OF SALVATION IMPORTANT?

Without assurance, believers lack a spiritual foundation and face uncertainty about their eternal destiny.

PUTTING THE PIECES TOGETHER

We see in God's Word that assurance of salvation roots a believer in the finished work of Jesus Christ and the reliability of God's promises to restore the relationship between God and man.

Understanding this profound truth provides the emotional and spiritual stability necessary for a believer to grow in their faith. We learn that salvation is a gift to be received by faith in Christ. Without belief in the Son of God, there is no assurance of eternal life. This is God's testimony to believers.

BIG IDEA

AS A BELIEVER, I CAN KNOW WITH CERTAINTY THAT I HAVE ETERNAL LIFE IN JESUS CHRIST.

RESPOND

APPLICATION QUESTIONS:

1. How would your daily life look different if you lived with unshakable confidence in your salvation?
2. What lies or feelings sometimes make you question your salvation, and how can you combat them with truth?
3. Is there someone in your life who needs to hear that assurance of salvation is possible? How could you share with them?

SUGGESTED PRAYER

"Dear Lord, I come to you now in worship and adoration. Thank you for the salvation that I have found in Christ. Thank you for the gift of eternal life and for the assurance of salvation that you have given me. Through the power of the Holy Spirit, let me live in joy and dependence upon you. Amen."

PUTTING IT INTO PRACTICE

Part of how the Holy Spirit transforms us is through regular practices that help move what's in our head into our hearts and lives.

This week, try to incorporate a few of these practices into your schedule. Next time you meet, take time to share about your experiences.

- **BEGIN AND END WITH GRATITUDE**
  - Morning: Start each day by thanking God for the gift of salvation and the security you have in Christ.
  - Evening: Reflect on the day and thank him again for his faithfulness, mercy, and the assurance that you belong to him.
- **JOURNAL** — Write down your prayers, Scriptures you're meditating on, and ways you see God working in and through your life. This creates a personal record that strengthens your confidence in his presence and promises.
- **WITNESS** — Look for opportunities throughout your day to share the hope you have in Jesus. Who in your life needs to hear about the assurance that comes through Christ? Ask God to open doors and give you boldness.
- **WORSHIP** — Use music, Scripture reading, or silent reflection to worship God for his grace and faithfulness. Let your heart rest in the truth that your salvation is his work, not yours.
- **MEMORIZE** — 1 John 5:12–13 (ESV)

READ ARTICLE "FAITH AND THE GIFT OF ASSURANCE" IN THE APPENDIX, ON PAGE 146.

MEMORY VERSE

12 Whoever has the Son has life; whoever does not have
the Son of God does not have life. 13 I write these things
to you who believe in the name of the Son of God, that you
may know that you have eternal life.

1 JOHN 5:12–13 (ESV)

IDENTITY IN CHRIST

LESSON 2: DISCOVERING YOUR TRUE IDENTITY THROUGH GOD'S EYES