

# ◀ DISCIPLINED LIFE ▶

## DISCIPLESHIP REFERENCE GUIDE



# DISCIPLLED LIFE

## INTRODUCTION

### **WE DESIRE TO SEE A CULTURE OF DISCIPLE MAKING DISCIPLES.**

Jesus made it very clear what His church should be doing:

And Jesus came and said to them, “All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.” (Matthew 28:18-20)

We are called to be disciples of Jesus who make disciples of Jesus. It may be surprising, but the word *disciple* is more often used than *Christian* to refer to believers in the Bible. To be a disciple is to be a student, a learner, and an imitator of Jesus Christ. We are called to continually follow Jesus, meaning, we must recognize that discipleship is a lifelong process. Being a disciple of Jesus is an identity; everything else in life is a role.

This Discipleship Guide will help teach new disciples of Jesus how to study God's Word, follow Jesus by obeying his commands, and be a tool they can use to make more disciples.

Our goal is not to be a church filled with people that know the Bible, but to be a church filled with people who are committed to following Jesus because they have taken God's Word to heart. Discipleship does not just happen. We need to be intentional about cultivating deep, honest relationships in which we do spiritual good to other Christians.

In this guide, you will find a detailed explanation on how to work through the H.E.A.R. Bible journaling method and reproducible H.E.A.R. journal sheets.

We pray that this tool will be used to help intentionally teach disciples of Jesus to make more disciples of Jesus.

By His Grace,

The Grace Life Leadership Team





## H.E.A.R. BIBLE STUDY METHOD

“The H.E.A.R. (Hear, Explain, Application, Respond) journaling method promotes reading the Bible with a life-transforming purpose. No longer will your focus be on checking off the boxes on your daily reading schedule; your purpose will instead be to read in order to understand and respond to God’s Word.” - from *Growing Up* by Robby Gallaty

### **HIGHLIGHT - WHAT DOES THE TEXT SAY?**

*As you work through the text, note any questions you have.*

After praying for the Holy Spirit's guidance, this section will remind you to read with purpose. In the course of your reading, write down the verse or the sentence that stands out and speaks to you.

- Read the entire text for comprehension
- Read again, this time marking:
  - Key words
  - Times, locations, and people
  - Repeated words, ideas, and phrases
  - Transition words (but, therefore, because, if/then....)
  - Lists
  - Contrasts and comparisons
  - Commands
- Read again, marking major themes such as,
  - Gospel truths
  - New self / identity
  - The Great Commission
  - The Great Commandments
  - The Church
  - Redemptive Promises
  - “Types” of Jesus
- Use the dictionary to look up key words, note appropriate meanings, and related words
- Consult different translations of Scripture
- Look up related cross-reference

### **HELPFUL RESOURCES FOR THE HIGHLIGHT AND EXPLAIN SECTIONS:**

ESV STUDY BIBLE   CSB STUDY BIBLE   BIBLE.ORG



## **EXPLAIN** - WHAT DOES THE TEXT MEAN?

*As you work through the text, note any questions you have.*

After you have highlighted the passage, you can begin to work towards understanding the meaning of the text. Here are some questions to ask:

- Why was this written and to whom was it originally written?
- How does this text fit with the verses before and after it?
- What would the original hearers have thought?
- How does this text fit within the greater story of the Bible? (Creation-Fall-Redemption-Restoration)
- What is the Holy Spirit trying to communicate through this text?

When you are able to work through these questions, rewrite the text in your own words. If you find yourself stuck trying to explain the passage, don't worry, you're not alone. Consult reliable commentaries such as the ESV Study Bible and CSB Study Bible.

At this point, you are beginning the process of discovering the specific and personal word that God has for you from His Word. What is important is that you are engaging with the text and wrestling with its meaning.

## **APPLY** - HOW DOES THE TEXT IMPACT ME?

Application is the heart of the process. Everything culminates under this heading. As you have done before, ask a series of questions to uncover the significance of these verses to you personally, questions like:

- What does this passage tell me about who God is?
- What does this tell me about my sin and need for a Savior?
- How can this passage help me?
- What does this passage mean for me today?
- How can these truths transform your life today?
  - Remember that all actions begin as thoughts and desires of the heart. How do these truths transform what you love, worship, and value most?
  - In turn, how will these renewed desires change the way you respond to God and others?
  - Are there practical things God is leading you to do differently as your heart changes?
  - What might these truths look like in action? Is the Holy Spirit bringing to mind specific people, circumstances, conversations or sins to mind for prayer, repentance, or reconciliation?



## **RESPOND - HOW WILL I RESPOND TO THE TEXT?**

Your response to the passage may take on many forms. You may write a call to action. You may describe how you will be different because of what God has said to you through His Word. You may indicate what you are going to do because of what you have learned. You may respond by writing out a prayer to God. For example, you may ask God to help you to be more loving, or to give you a desire to be more generous in your giving. Keep in mind that this is *your* response to what you have read.

*Teach me, O LORD, the way of your statutes; and I will keep it to the end. Give me understanding, that I may keep your law and observe it with my whole heart.*

*Lead me in the path of your commandments, for I delight in it. Incline my heart to your testimonies, and not to selfish gain! Turn my eyes from looking at worthless things; and give me life in your ways. Confirm to your servant your promise, that you may be feared. Turn away the reproach that I dread, for your rules are good. Behold, I long for your precepts; in your righteousness give me life!*

**Psalm 119:33-40**

## **ADDITIONAL INFORMATION ABOUT H.E.A.R. JOURNAL**

The H.E.A.R. journal is a tool developed by Replicate Ministries. We've adapted their journal and created a version to be used within our church. We've included ten copies of the H.E.A.R. journal for you to use. Feel free to make copies. A PDF version will be available on our website, [thegracelifechurch.org](http://thegracelifechurch.org).

For more information about Replicate Ministries and the resources they have available, visit [replicate.org](http://replicate.org).



## **GOSPEL TRUTHS:**

What does the text say (explicitly or implicitly) about the gospel message? Look for statements about God's holiness, man's sin, redemption through Christ, and our future hope in the full restoration of creation.

## **NEW SELF / IDENTITY:**

What does the text say about who we are in Christ, after we are filled with his Holy Spirit and living free from the penalty of sin? Often, this is seen in context of our "old self," in passages that compare and contrast qualities of a believer versus an unbeliever.

## **THE GREAT COMMISSION:**

What does the text say about Jesus' command to go and make disciples of all nations? (Matthew 28:16-20) Where and how does this text encourage us to love our neighbor, witness to unbelievers, and help other believers mature in the faith?

## **THE GREAT COMMANDMENT:**

What does the text say about loving God with all our heart, soul, mind, and strength? (Matthew 22:37) What does this love look like and how do we obtain it?

## **THE CHURCH:**

What does the text say about God's establishment of, purpose for, and mission for the church (globally and locally)? It's sometimes helpful to note where a passage is speaking to the church (general), the church (specific), or a believer (as an individual).

## **REDEMPTIVE PROMISES:**

What does the text say about God's promises to us as redeemed followers of Jesus? What can we look forward to, be confident of, and have unchanging hope in?

## **"TYPES" OF JESUS:**

How do the main characters or themes in the passage point back – or forward – to the person and work of Jesus? (As the Jesus Storybook Bible says, "Every story whispers His name.")

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*"Nobody ever outgrows Scripture; the book widens and deepens  
with our years".*

**Charles Spurgeon**

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