

THE  
GOSPEL  
DISCIPLE  
LIFE

A Quick Start Guide for a  
Micro-Group Strategy for  
Making Disciples  
that Makes Disciples



By David Putman

## Introduction

I longed for something simple. My religion had worn me down. I could no longer keep up with its demands. I was a broken man. My son was in Afghanistan. I had just been notified that an Improvised Explosive Device had hit him. I didn't know if I would see him again. He survived this attack, but what about the next one?

The soil of my heart was broken and fertile. That's when I began reading through the gospels. For over a year, I didn't read anything else. I was on a journey. It was a kind of detoxing from religion for me. As I read, I wrote my thoughts down. When I later reflected on those words, I noticed a pattern. Without realizing it over that year, I had begun every single journal entry with this prayer, "Jesus, show me your way."

Jesus heard my prayers. He showed me His way, and I rediscovered the simplicity of Jesus and His ways. That's when I became a gospel disciple. That's why I developed The Gospel Disciple Life. Will you join me on this journey?

## The Gospel Disciple Life

The Gospel Disciple Life is a simple disciple-making process that can be implemented by any person, at any time, in any place. The goal of The Gospel Disciple Life is to (re)discover the simplicity of Jesus and His ways by reading through the gospels in groups of three called micro-groups.

- Each micro-group consists of three people. A facilitator (first person) invites one person. That one person asks one additional person.
- Micro-groups can multiply at any time but are encouraged to complete the Gospel of Mark before they do.

**Micro-Groups** consist of two rhythms:

1. Daily Bible Reading – Your daily Bible reading plan will take you through the gospels one chapter at a time beginning in Mark. The goal is to complete five chapters each week.
2. Weekly Micro-Group – Meet with your group of three, either face-to-face or virtually, for approximately 30 to 90 minutes. This can be in your home, or out to eat over lunch or coffee one morning.

**Principles:** The key to the success of The Gospel Disciple Life is following four key principles.

- *Simple enough to reproduce.* After you've gone through with your group encourage one another to do it again with someone they know.

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- *Scripture is our curriculum.* Since Mark is the shortest and, in some ways, the easiest to read, it is recommended that your micro-group start here. It will take approximately three weeks to finish, reading one chapter daily.
- *Holy Spirit is our teacher.* The key to The Gospel Disciple Life is learning to hear and follow Jesus through His Spirit. While reading the Scripture each day, ask, "What is Jesus saying to me?" and "What am I going to do about it?"
- *Following Jesus is our ultimate objective.* A disciple is a follower of Jesus who is learning to live like Jesus, love like Jesus, and leave what Jesus left behind. Therefore, our goal is to learn to see God at work, hear His voice, understand His ways, and follow Him, which is why we continually ask, "What is Jesus saying to me through His Scripture?" and "What am I going to do about it?"
- *Relationships are our vehicle.* The gospel naturally travels from one relationship to another. Micro-groups are limited to three and are started when you invite your one, and your one invites their one.

## Journaling through the Gospels: S.O.W.I.N.G.

*He taught them many things by parables, and in his teaching said: "Listen! A farmer went out to sow his seed. As he was scattering the seed, some fell along the path, and the birds came and ate it up. Some fell on rocky places, where it did not have much soil. It sprang up quickly because the soil was shallow. But when the sun came up, the plants were scorched, and they withered because they had no root. Other seed fell among thorns, which grew up and choked the plants, so that they did not bear grain. Still other seed fell on good soil. It came up, grew and produced a crop, some multiplying thirty, some sixty, some a hundred times" (Mark 4:2-8).*

*In this parable the farmer sows the word...like seed sown on good soil, hear the word, accept it, and produce a crop—some thirty, some sixty, some a hundred times what was sown (Mark 4: 14 & 20).*

Sowing the Word in our lives is an integral part of The Gospel Disciple Life. In the parable above, Jesus taught us that when we sow the Word in good soil, it produces a crop that multiplies and multiplies. We must sow the Word in our lives and in the lives of others.

**Gospel Disciple Journal** - Is a journal designed to help keep you organized, journal your thoughts, and stay on track as you read through the Gospels with your micro-group.

### Daily Rhythm

The Gospel Disciple Life builds on a daily rhythm where you will read one chapter from one of the Gospels using the S.O.W.I.N.G. method by:

**Scripture** - We read Scripture daily. Each day we read one chapter out of the Gospels as we systematically make our way through all four gospels with our micro-group of three. Since the Holy Spirit is our teacher, we are prayerfully asking God to speak to us through at least one specific verse. Once we have identified this verse, we write it down in our journals.

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**Observation** - We make observations about that verse. Now that you have a verse, go back through the chapter making observations that bring light to your focused verse. Once again, in your journal, make a list of observations related to your one Scripture. The goal of our observation is to answer the question, "What is Jesus saying to me through the Scripture?"

**Walk** - We follow Jesus by walking in Truth. The focus of our reading is on following Jesus. When we see Him at work, hear His voice, discern His ways, and obey Him, we are following Him. Identifying our one verse is about seeing, hearing, and understanding Him through His Word that we might follow Him. This leads us to the question, "What is Jesus saying to me through His Word?"

**Invite** - Invite Jesus into your day. Our goal isn't to be hearers only of the Word, but to be doers of the Word. Once we know what Jesus is saying to us, we are now ready to invite Him into our day. Our goal is to follow Jesus. This leads us to the question, "What are we going to do about it?"

**Nurture** - Nurture relationships. The Gospel Disciple Life is about doing life-on-life and life-in-community. Who is God calling you to nurture relationships with today?

**Good News** - Share Good News. We live in a world full of bad news. Our mission is to share the Good News of Jesus. We do this by listening to the stories of others, sharing our story, and sharing God's story. Who is Jesus inviting you to share Good News? What are some practical ways you can share that Good News?

## The Gospel Disciple Life Micro-Group Meetings

Consistency is essential in facilitating your meeting if you are going to reproduce it. I would recommend using these six Cs, which are a simple approach to leading micro-groups.

**Connect** is simply about doing a little life together before you jump into any kind of agenda. It's about taking a few minutes for hang-time.

**Celebrate** is about taking a moment to celebrate The Gospel Disciple Life. Just completing your assignment is something to celebrate. For many, they have never had a consistent rhythm of reading Scripture or journaling.

**Check-in** is about holding each other accountable. You may be discussing something that came up in last week's micro-group, or you may use one or two accountability questions like: How did your time go with God last week?

**Coach** is not the sole responsibility of the facilitator, but the responsibility of the micro-group. The focus is on peer-to-peer learning. The role of the facilitator is to keep things on track. Our primary tool for coaching is asking three strategic questions:

- *What did Jesus say to you last week?*
- *What did you do about it?*
- *How can we pray for you?*

**Care** by spending time in specific prayer for one another. Make sure everyone has time to share anything they may need prayer for and encourage everyone to pray out loud.

**Communicate** relevant information about your micro-group. Make sure you schedule your next micro-group time. This is also an excellent time to review the principles of micro-groups. (They are simple enough to reproduce, the Scripture is our only curriculum, the Holy Spirit is our teacher, and following Jesus is our ultimate objective.)

## Micro-Groups Gospel Reading Guide

<p><b><u>Week 1</u></b>            ___ Day 1 – Mark 1            ___ Day 2 – Mark 2            ___ Day 3 – Mark 3            ___ Day 4 – Mark 4            ___ Day 5 – Mark 5              ___ Day 6- Micro-Group</p>	<p><b><u>Week 5</u></b>            ___ Day 1 – Matthew 5            ___ Day 2 – Matthew 6            ___ Day 3 – Matthew 7            ___ Day 4 – Matthew 8            ___ Day 5 – Matthew 9              ___ Day 6- Micro-Group</p>
<p><b><u>Week 2</u></b>            ___ Day 1 – Mark 6            ___ Day 2 – Mark 7            ___ Day 3 – Mark 8            ___ Day 4 – Mark 9            ___ Day 5 – Mark 10              ___ Day 6- Micro-Group</p>	<p><b><u>Week 6</u></b>            ___ Day 1 – Matthew 10            ___ Day 2 – Matthew 11            ___ Day 3 – Matthew 12            ___ Day 4 – Matthew 13            ___ Day 5 – Matthew 14              ___ Day 6- Micro-Group</p>
<p><b><u>Week 3</u></b>            ___ Day 1 – Mark 11            ___ Day 2 – Mark 12            ___ Day 3 – Mark 13            ___ Day 4 – Mark 14            ___ Day 5 – Mark 15              ___ Day 6- Micro-Group</p>	<p><b><u>Week 7</u></b>            ___ Day 1 – Matthew 15            ___ Day 2 – Matthew 16            ___ Day 3 – Matthew 17            ___ Day 4 – Matthew 18            ___ Day 5 – Matthew 19              ___ Day 6- Micro-Group</p>
<p><b><u>Week 4</u></b>            ___ Day 1 – Mark 16            ___ Day 2 – Matthew 1            ___ Day 3 – Matthew 2            ___ Day 4 – Matthew 3            ___ Day 5 – Matthew 4              ___ Day 6- Micro-Group</p>	<p><b><u>Week 8</u></b>            ___ Day 1 – Matthew 20            ___ Day 2 – Matthew 21            ___ Day 3 – Matthew 22            ___ Day 4 – Matthew 23            ___ Day 5 – Matthew 24              ___ Day 6- Micro-Group</p>



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<p><b><u>Week 9</u></b>            ___ Day 1 – Matthew 25            ___ Day 2 – Matthew 26            ___ Day 3 – Matthew 27            ___ Day 4 – Matthew 28            ___ Day 5 – Luke 1              ___ Day 6- Micro-Group</p>	<p><b><u>Week 13</u></b>            ___ Day 1 – Luke 17            ___ Day 2 – Luke 18            ___ Day 3 – Luke 19            ___ Day 4 – Luke 20            ___ Day 5 – Luke 21              ___ Day 6- Micro-Group</p>
<p><b><u>Week 10</u></b>            ___ Day 1 – Luke 2            ___ Day 2 – Luke 3            ___ Day 3 – Luke 4            ___ Day 4 – Luke 5            ___ Day 5 – Luke 6              ___ Day 6- Micro-Group</p>	<p><b><u>Week 14</u></b>            ___ Day 1 – Luke 22            ___ Day 2 – Luke 23            ___ Day 3 – Luke 24            ___ Day 4 – John 1            ___ Day 5 – John 2              ___ Day 6- Micro-Group</p>
<p><b><u>Week 11</u></b>            ___ Day 1 – Luke 7            ___ Day 2 – Luke 8            ___ Day 3 – Luke 9            ___ Day 4 – Luke 10            ___ Day 5 – Luke 11              ___ Day 6- Micro-Group</p>	<p><b><u>Week 15</u></b>            ___ Day 1 – John 3            ___ Day 2 – John 4            ___ Day 3 – John 5            ___ Day 4 – John 6            ___ Day 5 – John 7              ___ Day 6- Micro-Group</p>
<p><b><u>Week 12</u></b>            ___ Day 1 – Luke 12            ___ Day 2 – Luke 13            ___ Day 3 – Luke 14            ___ Day 4 – Luke 15            ___ Day 5 – Luke 16              ___ Day 6- Micro-Group</p>	<p><b><u>Week 16</u></b>            ___ Day 1 – John 8            ___ Day 2 – John 9            ___ Day 3 – John 10            ___ Day 4 – John 11            ___ Day 5 – John 12              ___ Day 6- Micro-Group</p>

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<p><b><u>Week 17</u></b> ___ Day 1 – John 13 ___ Day 2 – John 14 ___ Day 3 – John 15 ___ Day 4 – John 16 ___ Day 5 – John 17  ___ Day 6- Micro-Group</p>	
<p><b><u>Week 18</u></b> ___ Day 1 – John 18 ___ Day 2 – John 19 ___ Day 3 – John 20 ___ Day 4 – John 21 ___ Day 5 –  ___ Day 6- Micro-Group</p>	

## Gospel Disciple Journal

Date: \_\_\_\_\_ Week: \_\_\_\_\_ Day: \_\_\_\_\_ Scripture: \_\_\_\_\_

**Scripture:** *What Scripture is the Holy Spirit using to teach you something about Jesus?*

**Observation:** *What am I learning about Jesus?*

**Walk:** *What is Jesus saying to me?*

**Invite:** *What am I going to do about it?*

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**Need:** *What need(s) am I going to meet or relationships am I going to nurture this week?*

**Gospel:** *With whom am I going to share my story and God's story this week?*

*Additional Prayers and thoughts:*

## Gospel Disciple Life Weekly Micro-Group Time

Readings Covered: \_\_\_\_\_

Date: \_\_\_\_\_

Connect:

Celebrate:

Check-in:

Coach:

Communicate:

Care: