



Discipology

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Understand the Bible in 10- minutes a day with clear and concise plans for every book and audio guides for every chapter of the Bible.

“Do you understand what you are reading?” Philip asked. “How can I,” he said, “unless someone explains it to me?” Acts 8:30b- 31a

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Step 1 | Introduction: Who Makes Disciples?

Peyton: Hey friends, welcome to Discipology. Your journey to disciple making in the way of Jesus. My name is Peyton Jones, and I want to personally welcome you on this incredibly transformational adventure you're starting today. But before we begin, I should tell you we're making a couple of assumptions about you.

Number one, you're a Christian.

Two, you really want to make disciples because Jesus asked you to in the Great Commission.

And today's anchor verse, Matthew 28:18- 20 says, Then Jesus came to them and said, all authority in heaven and on earth has been given to me. Therefore go make disciples of all nations, baptizing them in the name of the father and the son and the Holy Spirit, and teaching them to obey everything I've commanded you. And surely I am with you always, to the very end of the age.

Kris: And also, number three, you're here because you need a little help with the first steps or a lot of help with all the steps. I'm Kris, by the way. And Peyton invited me to team up on this one because disciple making works so much better together.

You may remember that Jesus sent out the disciples in pairs. And you know, the longer I do this, the more I realize that Jesus way, works. There's just something about working together that changes the whole experience.

Peyton: That's right. Jesus never sent anyone to make disciples alone. He sent them out two by two. And it should be no different with us. So Chris and I will both be your guides on this journey, but you'll also have a companion for your journey, a Robin to your Batman, a Chewbacca to your Han Solo, a fellow Christian to walk this road with you. Think of your two as your disciple making partner.

Kris: In fact, inviting your two will be your very first step on this journey. If you haven't yet, at the end of today's audio, we want to make sure you've got a partner in mind.

You're "two" for the disciple making journey. Now, if you're like me, that already sounds a bit intimidating. As a kid in school, when the teacher said, go find a partner, I freaked out. What if I'm left out? But sometimes the teacher saved me and picked someone for me. Sometimes I even made a new friend.

My encouragement to you now- your teachers got this! Not me, not Peyton. But God's got this. And my guess is when you invite your two to join you, you'll be surprised to find God already ahead of you, already putting a calling in their heart, too. And the right person will be the same three things: Christian, wants to go make disciples, and needs plenty of help.

We're doing this step one so that the two of you can train together and take the micro-steps of disciple making as a team. Once you invite them, they'll listen to this same audio guide. Then the two of you can move forward together. Moving ahead. Each step has a ten minute audio guide, a Bible passage. A short discussion for you and as you leave the app. A micro step toward becoming a disciple maker.

Think of it like learning to walk. Just 1 or 2 steps isn't quite walking, but it's the only way to start. And once you put step after step after step, before you know it, you hit a stride and you're doing it. Real disciple making. So right here at the start, don't worry about the whole journey. Each day you'll make one micro step and will guide you the whole way.

Peyton: Okay, so how do we find our two hour disciple making partner? I guess we'd have to first answer an important question. What kind of people does God use to make disciples?

Let's turn to the Bible itself and read about one of the most unlikely of disciples, Peter. The story is in Luke five. Sit back and listen to how Jesus recruited him to make disciples.

Jesus turned to Peter in the boat with that familiar tone that sounded like a suggestion, but landed like a command, put out into the deep water and let down your nets for a catch. Peter blinked, caught off guard. Rabbi, he said, sighing. We were out all night. Not a single fish. But then he added with a reluctant smile. But because you said, I'll do it.

The net hit the water with that familiar slap sinking into the deep like it always did, and Peter pulled on it, thinking I'd just be a quick poll. But it jolted hard, like the sea had a fist and it wrapped around that net.

The rope tighten and his calloused palms began to burn as that rope slid through. Peter had to shout at the others. Help fish. Too many to count. As the net strained on the brink of bursting. Calling the other boats in. They came fast and the boats began to sink.

And right there, knee deep in fish and saltwater. Peter falls to his knees, eyes wide, and says, not. Thank you Lord, that was awesome. But Lord, depart from me. I am a sinful man.

Kris: That moment, I cannot tell you how many times my heart has resonated with Peters. In that moment. I can almost see his eyes. He got the wrong guy, Lord, because sometimes when grace floods the boat, the first thing you feel isn't worthy, it's undone.

The funny thing about telling Jesus I'm the wrong guy is that the right people always feel that way. Then came the words that changed everything. Now Jesus didn't say, follow me and try harder or follow me and prove yourself.

He did say, follow me and I will make you fishers of people. Make you. The call wasn't to earn something, but to be made into something. Something they weren't. Not yet. It was a call to make disciples. Peter understood that Jesus was inviting him to do for others what was done for him. Extend an undeserved invitation of grace, inviting others to follow Jesus.

Of course he felt unworthy. We're all unworthy. Perhaps Jesus picked Peter because he knew it.

Send the least qualified person to encourage all the others who feel just as unqualified. Peter denied Jesus three times and could not forgive himself, but Jesus did. That was Jesus style, taking the people most desperate for grace and turning them into the biggest billboards for it.

Peyton: That makes me wonder what God could do with all of us. Consider this cast of unlikely characters. God used to do great things despite them excusing themselves as lost causes.

Moses said he couldn't speak well. Jeremiah said he was too young. Gideon said he was the weakest. Isaiah said, I'm a man of unclean lips. Jonah didn't even want to go at all. Sarah laughed and thought, I'm too old. Abraham thought God's plan sounded ridiculous. Elijah would have rather died than do what God asked him. And John the Baptist's father, Zechariah, doubted what an angel told him. Timothy struggled with insecurity. Paul said he was the chief of sinners and at times struggle with his past.

But God didn't just use them. In spite of their insecurity, he actually used those feelings of unworthiness. Paul said it this way I received mercy for this reason, that in me, as the foremost sinner, Jesus Christ might display his perfect patience as an example to those who would believe in him for eternal life. A billboard of grace. Like Peter, we all have our reasons why God shouldn't use us.

But God has never let those reasons stop him from using people before. So why should he start with you? When God calls us to make disciples? He takes us as we are, but he doesn't leave us where we are. Instead, he takes us on a journey of transformation. And that's where you are now. If we had a map, it would say, Mark this spot, you're here.

Kris: Ephesians 2:10 says, we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. That means you are handcrafted by God for works he already planned. He had a path for Peter, for Paul, for John. And he's got one for you.

He's got people out there waiting to be discipled by you. And if you're his handiwork, there's nobody else like you. Snowflake status confirmed.

You were designed for disciple making. Whatever doubts you may feel, you were quite literally made for this. I know you don't know how we'll get there. Jesus will show you on the journey. But the first question is who? Who makes disciples? The answer. People just like you.

Peyton: I know you're thinking, no way. I'm an introvert. Introverts do not make good disciple makers, Peyton and Chris. But can I let you in on a secret? I'm an introvert. Nobody ever believes me. But when we think about the disciples, we usually think of Peter, the guy who never met a thought he didn't say out loud. James and John weren't too far behind. Total extroverts. But that's only three of them. The other nine, probably introverts. The kind of people who didn't interrupt, who didn't dominate the conversation.

Remembered names, stories and details. And if that's you, let me tell you something. Introverts make phenomenal disciple makers. You're wired for the long walk, the quiet coffee, the slow conversation where trust actually forms. So don't write yourself out of the story. Continue on this journey with us and God will surprise you, I promise. We're here to help you.

Kris: Now, you may have noticed that our daily time with you comes in three parts. We'll learn why soon, but for now, we finished the teaching. And next up is time. Take a little time to share your thoughts with your two. But wait. What if you don't have a two? I know, I know. So that's your microstep for today. Find your two. Remember, God's got this. Don't overthink it. Pray. Trust God and reach out to invite someone. When they say yes, invite them to follow this plan with you.

Peyton: Now you might be asking yourself, how do I find my two? How do I know if they're a good disciple making partner? Don't overthink it. If they're following Jesus, they qualify. It could be your spouse, a friend, or someone in a small group. What if you can't find your two? Right away, you can keep moving through the guide until you do.

But you will need to go back and revisit the earlier steps with them so you're in step with one another.

You'll journey with your two for 28 days, getting trained as a disciple maker, and then for 24 more days, you'll be in John's Gospel with the person the two of you will be discipling. And that's it. The journey's begun. So excited. And I'll see you in the next step.

Kris: So we're agreed. I'm Chewbacca, you're Han. If anything goes wrong, it's definitely your fault.

Peyton: I'm Batman.

Kris: Does that make me Robin? Okay. Am I two, or are you two. Maybe we're both two.

Micro Step 1: Finding Your Two

Peyton: Hey, welcome to today's tactic: Finding Your Two

This is your *most important step*, so don't put it off.

If you haven't already, it's time to find your "Two"—someone who will walk this disciple-making journey with you. Think of them as your lab partner in this experiment of following Jesus and helping others do the same.

You're not meant to do this alone. Jesus sent his disciples out two by two. They learned together, prayed together, and stepped into the mission together. That same pattern can start with you today.

Kris: I know what you're thinking. Someone else? That's messy. Yep—people and relationships are. But teamwork works. It's what Jesus did.

God is calling you to change someone's life, and there's no tidy way to do that. There's no guaranteed success.

You might invite a Two and they're busy—try again. Other steps may fail. Fail forward and keep going.

Later you'll invite someone to read through John. They might say no. The next person might say yes—and bring three friends with messy lives.

So let's set expectations. Working together takes compromise. First, you and your Two will agree on pace. There are 28 steps—you could go weekly, daily, or weekdays. I recommend two or three per week so there's time for the microstep. Pick a pace and adjust as needed. A Two helps you stay accountable to keep moving forward.

One tip: For both your *Two* and your *Who*, use wisdom and discernment for any existing relationship dynamics. Don't make it messier.

Choose a Christian friend with a clear relationship. As you care for each other and work through differences, your partnership becomes the first line of testimony that this Jesus thing really works. When you struggle, they'll help carry the load.

Peyton: So who comes to mind? Who could walk alongside you? Don't worry if they feel as unsure or inadequate as you might feel. That's perfectly okay. You can simply share with them what you're learning and invite them to grow with you.

Now make it concrete. If you have the journal.

- Write your name in the lightbulb on the left.
- Then write their name in the lightbulb on the right.

Two names. One journey. And the beginning of something that can multiply far beyond what you imagine.

Step 2 | What Is Disciple Making?

Kris: Welcome back to Discipology. You made it to step two. Nice work. That means that you didn't just start the journey, you came back for another round. And that is a big deal because most people talk about making disciples like it's climbing Mount Everest, but in reality, it starts on flat ground, one step at a time. And now that you're on the second step, you've made it past base camp.

Peyton: Base camp. Check you out. Well, gear up because today we talk about what disciple making is.

Kris: So Payton, like what is disciple making?

Peyton: I'm gonna be like Jesus and not answer that question directly. In fact, Jesus often responded to good questions with a story. So I like to tell a story of the first time Jesus ever recruited a disciple.

Kris: Mhm. Story time. So is this going to be like Mr. Rogers taking us into the land of make believe? Or maybe Bluey and bingo, diving into one of their imagination games?

Peyton: Sorta. But this really happened. Our anchor verse today is John 1:39. Come, he replied, and you will see. John one gives us the background to that statement, providing us with an excellent picture of how disciple making actually happens. John and Andrew were two fishermen working together for John's dad, Zebedee, but they started hearing about this wild eyed prophet out in the wilderness named John the Baptist.

He'd been baptizing Jews, which is kind of wild because it's as if they were pagans coming to a new faith. And he keeps saying, the one who comes after me, I'm not even worthy to tie his sandals.

Then something big happens when Jesus comes to the water to get baptized. John says, do you come to be baptized by me? I should be baptized by you. But Jesus insists, and after John baptizes him, Jesus just disappears into the crowd.

John and Andrew have taken a few days off to go and hear John the Baptist preaching, and that's when Jesus comes back from his temptation in the wilderness. He walks past John the Baptist, who half whispers in awe. Look, the Lamb of God who takes away the sins of the world. John and Andrew look to who John is speaking of, and they see Jesus walking past without realizing it.

Their feet just start moving, trailing behind Jesus as he leaves the scene, puzzling over what John the Baptist meant by the Lamb of God taking away the sins of the world. After John and Andrew follow him a few minutes, Jesus turns around and looking at them, asks, what are you seeking?

Kris: Okay. Freeze there. I love that question, especially from Jesus. What are you seeking? Did any of us really know what we were seeking when we were first curious about Jesus? And yet, there is that distinct sense that our heart is seeking something right?

Peyton: I don't think John and Andrew knew what they were seeking either. So they blurt out, uh, well, where are you staying? It was so clumsy. Where are you staying? Years later, they probably look back and think, idiot! But without missing a beat, Jesus says, come and see. And invites them to dinner.

Kris: And that little step started the whole adventure. Just a single meal. Just one conversation. And something clicked. They realized that he was the Messiah, the one who could save us from our sins. John one tells us the first thing Andrew did was find his brother Simon and tell him we've found the Messiah. Then he brought him to Jesus. That's it. No curriculum, no certificate. Just. Hey, I met Jesus. Come with me. Do not miss how incredibly simple that is. That is disciple making at its very core. Following Jesus and bringing someone with you.

Peyton: And here's what I love. The next verses tell us that when Andrew's brother Simon shows up. Jesus doesn't give him a to do list or a personality test to become a follower. John tells us that Jesus looked at Peter, and that word means he really looked at him. The sort of studying look that sees right through your masks and fronts and calls out something real, breaking that pregnant tension.

Jesus said you were Simon, son of John. You will be called Peter. In that moment, Jesus saw what no one else did in Simon his potential. Everyone else saw Simon the Hothead, Simon the talker, Simon the guy who always spoke first and regretted it later. Jesus looked at him and said, I see a rock in there. And Peter probably thought, you've got the wrong guy. But remember, the right guys always think that way.

And as we saw in our last step, Peter would later try to tell him he was the wrong guy there in the boat. But as much as we know, God always hears us. Jesus didn't listen at all to Peter's excuses.

Kris: But that's the magic of disciple making. It starts with seeing who someone can be, not just who they are right now. And I'm fascinated by Jesus giving Simon a new name. He'd have to grow into it. But Peter means rock. Not just any rock, but a foundation stone, something others could anchor to. Simon wasn't exactly rock steady. He was impulsive, volatile, quick to speak, and just as quick to stumble. Everyone knew him that way. But Jesus didn't call him Peter for who he was. He called him that for who he would become. That's what disciple making does.

It looks at people through the eyes of faith, seeing what they could be once they're plugged into Jesus. Jesus saw that spark in Simon that would later make him step out of the boat and try walking on water when nobody else had the guts. And he also saw Peter's misguided passion that would later grab a sword and panic and slice off a man's ear to defend Jesus. Peter was loyal, reckless and raw all rolled into one. What's funny, as you read, is watching Jesus switch between the two names Simon when he needs correction and Peter when he's calling out potential. Peter's lamp burned bright at times and flickered at others.

Peyton: That's the disciples journey. We're a mess of contradictions, works in progress, and that's why patience is so key when making disciples. We need the same patience Jesus had for Peter, the same patience he has for us. Jesus didn't give up on Simon. He called him Peter again and again, reminding him of who he really was, even when, as Simon, he didn't act like it. That's why disciple making is bringing them to Jesus, not ourselves. It's by getting to know him. The people change.

Sometimes they'll see Peter and us and sometimes Simon. But like Andrew, we'll keep bringing the Simons to Jesus. John chapter one tells us John the Baptist came as a witness to the light. He himself was not the light.

He came only to bear witness to the light. That's you and me. We're not the light. We're just people reflecting the light of Jesus to others, but hoping they'll plug into the source themselves. You know, Chris, the day after I became a Christian, I brought a friend to Jesus, just like Andrew did.

I was so new, I didn't even know where Genesis was in the Bible, or that there was an old and New Testament. But I called my best friend Eric and I said, hey, man, I didn't know this yesterday, but I guess I was going to hell and so were you. I just met Jesus and he's real. You want in? There was a long pause and then he said, okay. That was 40 years ago. He's still walking with Jesus. Was it eloquent? Not even close. Was it accurate? Barely. But it was honest. And Jesus used it. That's what disciple making looks like. It's not complicated. It's not polished. It's just a string of Andrews bringing Simons to Jesus. And then when people meet Jesus, they can't help but bring someone else along.

Kris: Think about it. Reading John one, we see that out of the first six disciples, Jesus only invited three to follow him, and those three each invited another person. Andrew brought Peter. John brought James. Philip brought Nathaniel, and making disciples was really just as simple as following Jesus and bringing someone with you. So if you've ever thought, I'm not cut out for this, congratulations! You're exactly who Jesus started with. And the world changed. One introduction to Jesus at a time. So here's my challenge. Before you get lost in all the steps and tactics, take this one to heart. Follow Jesus, and bring someone with you.

Peyton: You know how they always say there's an app for that? Well, you're in it. But in addition to the app, there's also a journal for you to track your own journey of transformation into a disciple maker. You see, the Gospels tracked the journey of transformation that the apostles took. But this journal allows you to track your own journey. And it's called Journey to Disciple Making a Discipleship journal.

Kris: That journal is an awesome accompaniment for this journey. But I want to be clear on two things so that no one gets the wrong idea. One, the journal is extra, not a necessity. Two, through the word makes no money from book sales. Zip. As always, our guides are totally free with no ads, no fees, and no upsells. We mean that. So don't misread this. The plan you're listening to now will equip you fully with all the training you need for this journey. You're set. So what's the journal for?

The journal is all about equipping you better. See, it really helps to have notes for your training and to have a journal for a journey. Now you could do that on your own, of course, but Peyton put all the notes and the perfect space for you to write your stories and track your daily micro steps in the discipleship journal that will help you be more efficient and effective.

By the way, for those of you who only know Peyton from through the word, you might not realize that he is an accomplished author and ministry trainer. He literally wrote the book on discipleship, and the book is amazing, by the way. And he brought all the training essentials from the book here to multiply the work so that every believer can get it for free. So to find a link to the journal and other great resources, go to discipleship.com. Okay, back to training now.

Peyton: Last time we asked you to find your two, a fellow Christian to take this journey with you, your disciple making partner. Next up, let's begin talking about finding your who that someone new that you can bring to Jesus. In fact, it's best to start by making a list. That's your micro step for today.

Think of the Simons out there. Write down their names and start praying. Once again, God's got this. Start broad for now with the list. Just write down anyone who comes to mind. We'll let God narrow it down later. But remember, you don't have to know everything. All you got to do for now is follow close to Jesus and eventually let others follow close to you. In fact, for the first 28 steps of discipleship training, the time, teaching, and tactics are to develop you into a disciple maker. But when you head into John for 24 days to disciple your who the time, teaching and tactic rhythms are to develop them into followers of Jesus.

Kris: That's it for step two. Thanks for following along with us and we'll see you next time on discipleship.

Peyton: Join us next time as we continue the journey, one chapter at a time. And remember, faith comes by hearing and hearing through the word.

Micro-Step 2: List of Who's

Kris: Hey guys, time for today's tactic! But before that, how'd it go with step 1? Did you find a two? I know, I know—we threw the big one at you right out the gate. So I want to encourage you. Finding a fellow believer to join you *might take time*—but it's a game changer. People are busy, people drop out. *Keep trying.* So let's address some questions:

Should I keep going without my two? Yes. But make finding your *Two* a priority, and know that you'll start over when they join you.

Can we have more than two? Yes. But four or more might want to split into twos and threes—while all staying connected. Jesus had twelve, but often split them into twos or threes. Find what works for you.

It's not working—should I just give up now? No. You should definitely not give up. Jesus called you, and the One who called you will be faithful to guide you and equip you. If He says you can, you can. We're talking about changing someone's life here—of course it's tough. But He's got you.

Okay, pep talk done. Now for today's microstep: *Make a list.* Now I know some of you *love* list making—I see you. Write down a list of people that God might want to reach. At first, this will be a *prayer* list—people either outside the faith or on the fringes who you know and want to pray for. Write anyone who comes to mind—and we'll let God narrow it down later. If you have a two, you can work together or just share when you're done. That's it—just a list. And write it where you'll remember to pray for it later. You got this. *God's got this.* And I'll see you next time.

Step 3 | How Are Disciples Made?

Kris: Welcome back to Discipology, Kris and Payton with you again. And you're on step three. Step three means you're heading towards a real walk.

Peyton: Our anchor verse is Luke 6:40. The student is not above the teacher, but everyone who is fully trained will be like their teacher. You've probably sat in church listening to sermons about discipleship or the Great Commission and thought, yes, this is my calling. Like watching a Creed film. Or for me and Chris, an old Rocky flick. You get all amped up, ready to punch people in the head with disciple making.

Kris: Okay, just for the sake of prevention, I want to clarify that none of the disciple making steps include punching people in the head. But yes, you hear that call and you get amped to go do it. Okay. Go on.

Peyton: Sorry. I just mean that you're super pumped to do it. But then later you realize, wait, I don't even know how to make disciples.

Kris: It's like, you know the what? Go make disciples. You know the why? Because Jesus said to. Duh. But you're left with a big question mark. And without knowing how, you're not going to get very far.

Peyton: But very few of us know the how because no one ever showed us. Almost 75% of Christians say they were never disciplined themselves. So here's a profound truth to chew on.

We tend to make disciples the same way we ourselves were disciplined. And if we weren't disciplined at all, it explains why we don't have any clue how to begin. So how do we make disciples? Well, Jesus spent three years modeling exactly what it looks like. And during those three years, he essentially did three things to make those 12 disciples into disciple makers.

He spent time with them so they could learn from his life. He taught them so they could understand the why behind the what.

And lastly, he tactically engaged them on mission or got them doing things so they could learn by doing. And if we put a handle on those three, it's time, teaching and tactics.

You can pretty much boil down everything Jesus did during his three years of ministry, and they'd fall into one of those three buckets. In fact, if you really study Jesus's three years of ministry up close, he focused on spending time with them in the first year, teaching or training them in the second and engaging them tactically in the third.

Kris: You know, I remember the first time I saw that and it blew my mind, and it made me wonder why we'd never been taught that. But I think maybe it's because it's just not quite how the Gospels are laid out. We've got four gospels or accounts of what Jesus did and said. Matthew, Mark, Luke and John. But none of them quite tell the story of Jesus in chronological order. But if you weave the stories back together in the order they happened, you'll see that time teaching tactics pattern emerge off the page.

Peyton: In Jesus's first year, the Gospels don't record much action during that first quiet year. Jesus moves to Capernaum, goes to a wedding, and calls his first disciples, and just spends time with them. His first invitation to John and Andrew was, come and see. Get to know me. Watch me. Spend time with me. And then Jesus prioritizes spending time with those disciples during that year to help them learn. Speaking of disciples, it's probably time. See what I did there? To define what it is, the word disciple means learner.

A disciple is someone who follows or shadows someone else to learn to become like them. Student teachers do this when getting their credentials, like student physicians do this in a hospital and we call them interns. Tradesmen become a journeyman or apprentice to learn from a veteran or master craftsman. But in Jesus day, when a rabbi or religious teacher invited you to follow them, it was an invitation not to learn a subject or a skill, but to learn from their entire life, to become like them in every way. And the disciples entire lives were meant to change from the inside out. That's the power of time spent in a disciple makers life, and it's why it's so important.

Kris: Jesus only did two miracles that first year and kept the focus on spending time together. Remember the first miracle? The wedding at Cana? Mom asks Jesus to work his magic, but Jesus says, it's not my time yet. Not his time. What does that mean?

Well, a little while later, year two kicks off with Jesus announcing the time has come. He tells the disciples, I must go and preach the gospel of the Kingdom. For this reason, I have come. That whole year he travels the length and breadth of Israel on a teaching mission, preaching about the kingdom of God. During that year, Jesus delivers a radical new paradigm for relating to God, teaching grace, and demonstrating it through compassion and miracles.

Those miracles were God's grace poured out to people who didn't even know what grace was. Every miracle was grace on tap. Grace you experienced before you believed. And don't miss. The disciples are there every step. Time is still in play. 24 over seven. But now time is layered with teaching. Year two. He takes them on mission, teaching, healing, casting out demons, transforming lives. But so far, Jesus is doing the work. The disciples still don't think that they can do what Jesus is doing, just like us.

Peyton: But that's where year three comes in when Jesus gets them engaged in tactics. Here's how it happened. One morning they woke up expecting yet more teaching. Then Jesus said, I'm sending you now. He gave the 12 authority to do miracles and cast out demons, and he sent them out two by two. To do what he did. They went out terrified, unsure, unready.

But they came back ecstatic. Lord, the demons, they listen to us. And people were healed. Jesus had activated them. They were no longer spectators. Disciple making is a participatory sport. And at the end of that year, he'd sent him out again. But this time 72, because the 12 had already made disciples on that first journey. Follow Jesus and bring someone with you. So Jesus was prepping them for the first two years, and they didn't even know it. Just like he's been prepping you.

But at some point, you'll stop merely observing others and you'll start doing. Remember, you weren't taught how to do this. It's not that you've been disobedient, it's that you've been disoriented.

According to a Barna research study, the majority of Christians poles say they'd love to make disciples, but they want someone to teach them how to do it well.

Peyton: For many of us, our journey to becoming a disciple begins something like this. At the time of our conversion. You're saved.

Welcome to the family of God. Your whole life is about to change. Here's a Bible thump. A thousand pages. Black leather, gold letters. No instructions. Next they told you.

“Pray. Oh, hey. Don't worry if you don't know how. It's easy. Just talk to God like he's a friend. Oh, and tell others about Jesus, too. They need it. Church is important, so come back and get fed. But you don't remember seeing any food.

Oh, hey, before you go. Almost forgot. There's a devil. Totally hates you. Wants to ruin your life. So watch out. He's gonna chew your butt. Okay, bye.”

It feels like being kicked out of an airplane for the first time with no preparation. Like someone thrusts a parachute pack into your arms, smiles, and says, good luck out there, but don't forget to pull the ripcord. And as their foot lands squarely in your gut and you're plummeting to earth, you wonder what a ripcord even is and how to use it.

Kris: However, your journey began. Don't worry, we got you. God's got you. That's why we're walking you through this. This right here with me and Peyton. This is teaching you and your two walking through it, wrestling through your questions. That is time. And as we give you an action step for each day, that is tactics, a baby step, a manageable micro step, something to activate you time teaching tactics every day. The same rhythm. It's almost like we had it planned all along. Now watch this.

Teaching brings information. Time brings transformation and tactics brings activation. Oh, that's pretty good. You might want to rewind to write that down. And when you overlay all three, that's how disciples are made. Now, it really is that simple. But there is way more to see here.

So over the next three steps, we'll look at each one a little closer. Time, teaching and tactics. But first, your micro step for today. Very simple. Take that list. You wrote out yesterday of people that you might want to reach today. Pray over the list and we want you to narrow it down to three.

Try to let God take the lead on this. Crossing someone off the list doesn't mean God won't reach them. It just means that you can trust God for his timing and for the focus he wants for you. Got it? Pray over the list. Narrow it down to three and pray, and we'll see you on the next step on the journey to disciple making.

Micro Step 3: Narrowing Down Your “Who”

Peyton: In the last step, you wrote down several people in your circle who could be your “who.” The person you’re going to help follow Jesus for the first time. Today, the goal is to narrow that list down to three. This is an important step, because you’ll eventually choose one based on their receptivity.

Start praying today and ask God to help you discern who He is already preparing. You’re not forcing anything—you’re looking for the person whose heart God is already stirring.

From your wider list, narrow it down to three people you will pursue as your “who.” Write their names in the order you will approach them: one, two, three.

And don’t do this alone. Connect with your “two” today—either by phone or right here on the app—and pray together over these three names.

This is how disciple-making begins: with prayer, clarity, and one faithful step at a time.

Step 4 | Time: Becoming Disciples

Peyton: Welcome back to Discipology. You made it to step four. That means it's time to talk about time. See what I did there, Kris?

Kris: You said time twice. That's exactly what time it is. We saw yesterday that Jesus time with his followers was purposeful. He was making disciples, and his method can be boiled down to three primary rhythms: time, teaching and tactics. And the order is worth noting. So where did Jesus start?

He did not start with a discipleship course, entrance requirements, or a high pressure sales presentation about Jesus as the Messiah. He started with the simple, yet oh so essential ingredient of time. Mark 3 captures the story of Jesus choosing and appointing his first disciples, the big 12, and watch the words carefully. He appointed the 12 that they might be with him. Now there is, of course, more that he chose them for.

But the first thing is to be with him years later, when the disciples have their first real trouble with the religious leaders after Jesus dies. Acts four tells us that those leaders saw their courage, and they took note that these men had been with Jesus. That's what changed them. Because spending time with people in a personal setting is where relationship happens. We open up, reveal, connect. It's where transformation happens. That's why the first step Jesus ever took in the whole history of Christian disciple making was that invitation for John and Andrew to come to dinner.

Peyton: Yeah, it's funny how Jesus starts his entire movement by inviting people into his life, like it was all about getting to know him. There's a passage in Matthew seven where Jesus fast forwards to the Day of Judgment, where many people will call to him, Lord, Lord, and tell him all the great things they did in his name. But watch his response. Then I will tell them plainly. I never knew you. Away from me, you evildoers! Matthew 7:23.

Can you imagine a crew member of some movie knocking on the door of a famous movie star's house and saying, hey man, I worked on a few of your movies. Yeah, set builder, I did so much for your films. Let's hang out. Hey, whatever's cooking inside smells really good.

Can I have some? The movie star would say, uh, sorry, but I don't know you. And he probably had. And I'm calling the police if you don't get off my porch. Jesus was more focused than his disciples knew him, than anything they could do for him. That's because spending time with Jesus is what transforms us. They say time is a healer, but it's really a transformer. I don't mean those 80s robots from space that turn into cars. I mean, that'd be kind of rad.

Kris: But I mean, Peyton, Peyton. We talked about this. No robots.

Peyton: Oh, yeah.

Kris: But seriously, time together really does change you. You connect, you relate. You start singing the same songs, telling the same jokes that no one else gets about robots that turn into cars. One thing I've often wondered about the disciples time with Jesus is what kind of humor became their thing.

You know, they had one Jesus called James and John, Sons of Thunder. I know the guys had fun with that one. Thunder Bros, Thunder fellas. I'm honestly glad they left most of the humor out because the jokes would be very old by now. But you got to wonder. The point is that time together brings out the real you. And the disciples got to know each other and know Jesus. That first year wasn't packed with activity. Jesus did just two miracles, and he was reluctant to do even that. He knew that the miracles would draw crowds and it's tough to build real relationships while you're managing crowds.

In fact, if you track that first year through the Gospels, it's almost entirely relational moments. He goes to a wedding, he shares meals. He travels to Jerusalem with the disciples for the festival. He has a long conversation with Nicodemus, then with a woman at the well. He visits people's homes, stays in their towns, and walks over a thousand miles alongside them. Imagine taking a series of epic road trips with a small band of new friends. That's bonding time. And watch this.

In that first year, Jesus moved to Capernaum, where his first six disciples lived, got to know them on their turf. On the weekends, he'd travel to local synagogues and they would go with him. More conversations, more meals, and lots of walking. Jesus disciple making strategy was pretty simple.

He stayed local, went slow, and spent time with his new followers. How hard is that? Even you and I could do that.

Peyton: Jesus makes it look easy because it is. And he didn't rush any of it. The pace of his disciple making matched the speed of relationships, and those take time. They go slow. Jesus wasn't in a hurry to make converts. He was forming companions. And he knew something that we often forget. We become like the people we spend time with. At the end of the first year, just spending time with Jesus slowly becoming like him.

Even when they didn't realize it. I think that's what so many of us miss when we're talking about disciple making, that the most important parts of discipleship don't usually look that spiritual. They look ordinary walking, talking, eating, and laughing. And yet, that's where transformation works. It's slow, patient changes in us. You know, when I think back to the people who discipled me, I remember the lesson, sure. But mostly I remember the time we'd go sailing, skateboard down hills, eat food. We shouldn't have stayed up too late watching dumb shows.

But those moments shaped me. Somewhere in the middle of that time, I started to notice how the people I spent time with prayed. How they forgave, how they spoke, how they handled failure. They weren't perfect, of course, but that's how I learned what grace was.

Kris: Paul captures the heart of the time rhythm in first Thessalonians two. Because we loved you so much, we were delighted to share with you not only the gospel of God, but our lives as well. That's the beauty of the time, rhythm sharing life. Because transformation is caught, not just taught. It happens through proximity, through laughter and mistakes, honesty and forgiveness, through seeing faith lived out in real time and emulating that.

And notice Jesus didn't start with strangers back in John one. He started with relationships that already existed. Andrew brings his brother Peter. Philip brings his friend Nathaniel. John brings his brother James. These weren't just random recruits. They were people who already knew and trusted each other.

Peyton: And that's a huge key. The first myth we need to bust about disciple making is that it starts with strangers. It doesn't. The second myth is that it's a solo mission. It's not. Jesus sent them out in pairs, and he used existing friendships to start a movement.

So instead of trying to add new people to your life, maybe just look at who's already there. The coworker you grab coffee with, the neighbor you talk to when you're both walking your dogs, the friend who's been curious about faith but doesn't know where to start. It's people from that list you drew up in your last step.

Kris: Now, the disciples will later be sent to reach strangers, but their disciple making began with the relationships that God had already woven into their world. That's how it works for us, too. Jesus made a simple invitation. Come and see. That's it. Don't make it fancy or formal. This isn't a proposal. It's just friendship.

Peyton: So here's your micro step for today with your two, pick one person from your who. List someone already in your life and invite them to something simple coffee, lunch, a walk, whatever fits naturally. And make this clear in your mind. This is not a project. It's a friendship where you're giving them the most valuable thing. You have your time to show them their worth. Time is the most valuable thing you have. After all, it's the only thing you can't buy more of. It's finite. We all have the same number of hours in a week, and when you give it to someone, you're telling them they're worth their time. But even more than that, you're showing them that they matter to God.

Kris: And can I say that simple realization that making disciples isn't a project was a game changer for me. It's friendship. No hidden agenda. I know that's counterintuitive because you do have an agenda to make disciples, but watch Jesus carefully. He never tricks or manipulates.

He spends time and cares and invests in them for their sake. The most effective gospel ministries I've ever been part of. In fact, the only effective ones care about and invest in others for their good.

You're not saying, oh, this will be worth it if they get saved.

You're saying they are worth it regardless.

Jesus valued us long before we followed him. So we too can value others now. No agenda and show that value by investing time. Walk together. Laugh together. Let them see Jesus in the small stuff. Because that's where transformation begins. Let's pray.

Jesus, thank you for showing us that disciple making isn't about programs, it's about people. Thank you for walking slowly enough for us to follow. Help us see the people you've already placed in our lives and give us the courage to say, come and see. Teach us to invest time like you did patiently, personally. Purposefully. Amen.

Peyton: We'll see you on the next step of Discipology. And as always, bring someone with you.

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Micro Step 4: Simple Invite

Kris: Hey guys, time for your microstep for Step 4. Connect with your two and pick one person from your Who list—someone already in your life—and invite them to something simple: coffee, lunch, a walk, sports—whatever fits naturally. Before you do, make it clear in your own minds: *This is not a project.* It's a friendship.

And you're giving them the most valuable thing you have—your time—to get to know them—because they're worth knowing. Of course, you should make sure the dynamics fit the relationship. If you have a common interest, use that. It could be anything from guys shooting hoops to friends over for game night.

Use your gifts—and do something you *like* doing. Peyton paints mini-figures. I like pickleball. And please be careful not to pick anyone or anything that could be misunderstood as a romantic gesture. Have fun—all friendship, zero awkwardness. And I'll see you in Step 5.

Step 5 | Teaching: Training Disciples

Peyton: Welcome back to Discipology. You made it to step five, and this one is all about teaching. Last time we talked about the rhythm of time, how transformation happens just by being with Jesus. But this step, it's about training. The next rhythm Jesus entered into with his disciples was the rhythm of teaching, where he trained them to do what he did. If your one was come and see, your two was come and learn. Jesus shifted gears in the second year, not just hanging out anymore. Now he was building apprentices. Our anchor verse is from Mark 1:15. The time has come. He said, the kingdom of God has come near. Repent and believe the good news.

Kris: Remember that in the first year, Jesus kept things quiet, reluctant to perform miracles. He knew that crowds would prevent relationship building. Back at the wedding in John two, just before his miracle, he told Mary, My hour has not yet come. Notice? Not yet. That was year one. But as the second year started, everything changed and he announced in Mark one. The time has come, he said. The kingdom of God has come near. Repent and believe the good news.

Around that same time, Matthew four records this. From that time on, Jesus began to preach. Repent, for the kingdom of heaven has come near. So the quiet season is over now. Jesus takes action and the disciples are front row. He heals Peter's mother in law, casts out demons, and preaches in every town of Galilee. It's a whirlwind for Jesus, but for the 12, it's a crash course. They're being trained not through lectures in a classroom, but through real life scenarios as they hit the road and travel from town to town.

Peyton: And that's the beauty of it. Jesus doesn't just line them up and hand out scrolls saying, here, read this. There will be a quiz later. Nope. He takes him on a giant field trip. They watch him heal, serve, forgive, and rest. They watch how he prays before sunrise and slips away from crowds to be with his father. Every moment becomes a living parable, and they get a front row seat to how God changes people's lives. And right at the beginning, he makes them a promise. Follow me and I will make you fishers of men.

Kris: Notice that there are actually two kinds of teaching going on during that second year. First, the disciples learned from watching what Jesus did teaching with action. Yet Jesus often followed up with explanation and exhortation, teaching with words. And when he spoke, his words seemed to turn the world upside down. Blessed are the poor in spirit, for theirs is the kingdom of heaven. Even more striking, Jesus words still flip people over today. Most revolutionaries are new for a time, but Jesus words keep challenging us. Everything we thought we knew about righteousness, power, and success turned inside out. Think about it. That year, people who met Jesus were getting into a head on collision with God Himself and it wrecked them.

And did you catch Jesus focused message back in Matthew four? Repent, for the kingdom of heaven has come near. So what is repentance? Today it has a connotation of stop being naughty. But the word Jesus used was metanoia. And it literally means to change your mind. It's way more than just, oh, I was doing bad things and I'll stop now. It's a moment of reckoning. Have you ever faced a moment when you realized, oh, I had this way wrong? Your hair stands up as your soul tries to regain footing. Jesus called. To repent was an invitation to change how you see your world. To adjust to reality.

What reality? Repent, for the kingdom of heaven has come near. The biggest rethink is about God. He's not just somewhere else. He's right here, within reach. And that reality makes you rethink everything from the ground up. Jesus told the world, the kingdom is here because the King is here.

Peyton: It's hard to believe that we only have one full sermon of Jesus's. I still remember the first time I hit the sermon on the Mount as a non-Christian, not even a believer yet, but somebody had told me, start with Matthew. So I did. I read through all those begats at the very beginning, made it through the baby stories, Herod, John the Baptist. But then I hit Matthew five blessed are the poor in spirit. Boom! It was like God had stepped into the room I was in. I actually said out loud, whoa, there's something about this book.

That was the first time I felt the presence of the Holy Spirit, and that's exactly how people felt when they heard Jesus teach in person.

Matthew seven says the crowds were amazed at his teaching because he taught as one who had authority. They had never heard anyone speak like that before. And to be honest, the world never has since. Imagine being able to share that experience with people. As you make disciples, they're walking through the word with you and then bam! The Holy Spirit shows up and does all the talking.

Kris: And here's the best part of that. You can't do it. Not without God. Listen, I get to do this all the time and I can't do it. God planned it that way. In Second Corinthians, Paul explains God's design like this. We have this treasure in jars of clay. Now a clay jar is ordinary, just like you and me. Yet God delivers his treasure through us. Why? To show that this all surpassing power is from God and not from us. And that takes off all the pressure. He's got this. It's his word.

Many steps from now, you will be walking through John's Gospel with someone and you won't have all the answers. That's okay. They'll have Peyton and me to help with the confusing stuff. But more importantly, the spirit will speak through the word. All you do is bring people to hear him speak.

Peyton: You know, Chris, I like that phrase through the word. We should use that.

Kris: Yeah. Somebody write that down. That was good.

Peyton: Not only will you not be required to have all the answers, you're also not going to be the same. Jesus promised that when he said, follow me and I'll make you fishers of people, that word make means he promised to make them something they were not. And he's going to do the same for you. That's a training word. Jesus is saying to you as well as them, I'm going to shape you into something you're not. Metanoia being taken apart like a Lego brick by brick and reassembled into something else.

Kris: And that's exactly what year two was. It wasn't about doing ministry. Not just yet. It was about watching, learning. Like every great training montage, it's wax on. Wax off with Mr. Miyagi. It's Miles Morales watching old Spider-Man do everything he can't yet, but all the while he's absorbing like a sponge until that first challenge hits and he realizes he's been training the whole time. That's what Jesus did.

Every miracle, every conversation, every mile on the road was training. The disciples didn't know it, but they were learning spiritual reflexes that would soon kick in.

Peyton: Yeah. It's genius. Jesus's miracles always taught. Like the time he healed a blind man with mud on the Sabbath. Some thought he's just breaking the rules like he always does. But he was teaching. Teaching that grace outweighs law. That whole year, lesson after lesson was about grace. People felt like they belonged before they believed the kingdom of God was here. The king was invading his kingdom, was swallowing up everyone in its path, conquering hearts.

You see, the message of the Pharisees was basically believe and behave. Then you can belong. But Jesus flipped it. When God healed you, you felt you belonged. Then you believed, and eventually you behaved differently because his grace were changed from within. That's what the disciples had to learn before he could ever send them out.

Kris: It's also what we have to learn. Most of us want to skip straight to doing. We want to be sent used. Productive time is short. Let's go. Jesus spends time teaching us first. So here's your micro step for today. Establish your Bible habit. Or if you already have one, assess your Bible habit. Now some of you are listening to this because this is your Bible habit. Awesome that counts. Please do not take this as a you're not reading enough. Just take this opportunity to assess or establish.

If you have a Bible habit. How's it working for you? How's the pace? Does your time of day work daily? If something isn't working, find the fix and implement. Now. If you don't have a Bible habit, good news. Healthy Bible habit is the very heart of through the word. We're here to help. If you don't know where to start, try journey one and get to know Jesus in Mark. The point is, create a space in your daily schedule for God's Word and let Jesus teach you something every day.

That is your training montage. Read. Watch the 12 as Jesus heals. Wax on. Listen as he teaches. Rebukes. Wax off. Listen to the parable. Paint the fence. He's doing something. He's retraining your reflexes.

Peyton: Let's pray. Jesus, thank you for being our teacher. You didn't just tell the 12 what to do. You showed them patiently day after day. Do the same in us. Train us through your spirit. Even in the small obediences of ordinary life. Help us to see every moment as part of your lesson plan. Amen. We'll see you next time on the next step of discipleship. Just me, Kris, you and your two.

Micro Step 5: Sign the Blank Check

Peyton: Welcome to steps 5's tactic, sign the blank check. Think of your life like a check drawn from your account. Most of the time, we fill it out ourselves—deciding what we want life to look like—and then ask God to sign it. But Jesus's invitation to his disciples was different. He asked them to hand him a blank check, already signed, trusting him to fill in the rest. They didn't know where it would lead or what it would cost.

They simply chose to follow.

If you're ready to take the next step as a disciple-maker, you don't have to feel fully prepared or have all the answers. You just need to be willing.

Are you ready to drop your nets and follow Jesus to the next level, like Peter, Andrew, James, John, Philip, and Nathanael did?

Here's what to do.

Take a moment and draw a simple picture of a check. Then sign your name on the dotted line and write today's date. If you're using the Discipology Journal, you'll already see a space waiting for you in the tactics section.

This is your way of saying to Jesus, "My life is yours. You fill in the rest." But today's tactic should come with a warning, God might just cash that check.

Step 6 | Tactics: Sending Disciples

Peyton: Welcome back to Discipology. You've made it to step six, and this one's the big one. We've spent time with Jesus and the time rhythm, we've learned from him in the teaching rhythm. Now it's time to move into the tactical rhythm and learn by doing. Our anchor verse is found in Mark 3:14. He appointed 12 that they might be with him, and that he might send them out to preach. This is where everything changes. The next rhythm is the tactical one. And the disciples never saw it coming.

Picture it. You're standing there in your first century sandals, dust in your hair, fish on your breath. And when Jesus drops the bomb, he's sending you out on your first mission trip. Not for the weekend, not for a ministry sampler for months gone. Don't come back, he said, until you've preached the gospel throughout all of Galilee. This wasn't just another come and see, nor was it a follow me and learn like you're two. This was go.

Kris: Now for story context. Two years have passed since the disciples first encountered Jesus. Year one was timed together. Year two emphasized teaching. We covered those. And don't worry, we'll come back for lots more detail as our next three series will focus on time, then teaching, then tactics. But we want you to see the big picture first. And today it's tactics.

The dictionary defines tactics as a set of actions or strategies carefully planned to achieve a specific goal. Or, put more simply, actions with purpose. Here, at the outset of year three, we find ourselves in Matthew chapter ten, where Jesus calls together the 12 to give them authority and send them out. And when I imagine us in their sandals, I can't decide if we're scared, excited, or just plain stunned. For two years we followed Jesus like a shadow, listening, learning, watching every miracle. Now look around at the wide eyes as we all listen carefully to Jesus next instructions.

“Do not go among the Gentiles or enter any town of the Samaritans. Go rather to the lost sheep of Israel as you go proclaim this message. The kingdom of heaven has come near. Heal the sick, raise the dead. Cleanse those who have leprosy. Drive out demons freely you have received. Freely give.”

Now as I picture this scene, you could hear a pin drop. Look around. Peter's jaw tightens. He's already wondering what kind of demons he's about to face. John glances sideways at James, mouthing, you go first. And Matthew is probably thinking a tax collector telling people about God. Yeah, that'll go well. For two years they watched Jesus do the impossible and now he's saying it's your turn.

Peyton: It must have felt insane. Fresh in their memory was an encounter from Luke nine with a very large crowd of very hungry people. Thousands of them. One of them, probably Peter, said, Lord, it's getting late. Send them home. But Jesus didn't see crowds as a problem to manage. He saw them as people tired, hungry, restless, and worth his compassion.

Yet this time, Jesus didn't solve the problem. Not by himself anyways. Instead, he looked at the disciples, telling them, you give them something to eat. We often retell that story as Jesus feeding the 5000. But Jesus meant what he said you feed them. And he sent the disciples into that huge crowd with barely enough food for themselves. And this time, the miracle happens right there in the disciples own hands as they simply follow Jesus's instruction. And you can bet that memory, the image of a sea of faces stretching across a hillside like a field of wheat, faces a people they helped.

That memory was fresh in their minds when Jesus spoke these words in Luke ten two, the harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field. And the disciples prayed probably for someone else to fulfill it. The reality was they were praying for themselves.

Kris: And I have learned from much experience that Jesus loves that move. When we say, Lord, please send someone. Then he says, thanks for asking. You're in. And what amazes me is that none of them turned back. Year three of Jesus ministry opened with sending the 12 and closed with sending the 72 bookends of mission trips with a whole lot of miracles in between. They passed out bread and fish and the miracle multiplied in their hands. Peter walked on water and pulled a coin from a fish's mouth.

This was the moment that Jesus flipped the switch for the disciples from being observers to active disciple makers. The year of observing was over. It was time to go.

Peyton: And guess what? They didn't feel ready. But here's the secret nobody ever does. Readiness is not the prerequisite. Obedience is. Someone once said, when God designed your calling, he already factored in your stupidity.

I don't know about you, but that is one of the most comforting things I have ever heard. Jesus asks a bunch of knuckleheads like us to step out and trust him. It means that mission doesn't wait until we're ready. It starts the moment we say yes, Jesus, who literally invented birds knew how to get them flying. He pushes his disciples out of the nest, feathers flying, wings flapping. Because the only way to learn to fly is to fall while flapping your wings. And that's exactly what the tactical rhythm is all about. Action. And nothing activates faith like doing.

I learned that the hard way early on in ministry. As a youth pastor, I tried everything to try to get students to grow. Read your Bible, I said. Pray. I said, share your faith. Come to church. I tried hype, guilt, even bribery. Hey, don't judge me. But it felt like dragging teenagers uphill in a shopping cart with square wheels. Nothing worked. But then one summer we took them on a mission trip and everything changed. I remember walking through the narrow cars of a bullet train speeding across Europe, watching those same unmotivated kids lay hands on strangers, praying for them, leading people to did Jesus. They were weeping, and so were the people they were ministering to.

Their gifts were only hidden before, but they were there and they were suddenly on fire. It was like watching revival break out and fast forward after that. When we got home, I didn't have to push him to do any of that stuff anymore. They were lit from the inside.

Kris: Funny enough, before we were close friends, Peyton and I pastored the same youth group just a couple of years apart, and I learned the same lesson.

You can give them time and teaching, and it's good, but it simply doesn't activate. Without action. You get apathy. But when you add tactics, actions with purpose, everything changes. Once you've seen God use you, you can't go back to normal.

When you hand out the bread and the bread keeps going. Only tactical engagement stepping into the mission can do that. Watching someone do ministry on a stage doesn't activate. I had kids that didn't even want to open their Bibles to follow along while I taught, but head out on mission together, and especially mission in direct contact with people.

Suddenly they want to read because they need answers. They want to pray because they need power.

They want to share their faith because real people are desperate for hope, and they want to gather because the mission is way bigger than just us in the tactical rhythm.

Faith moves from theory to applied experience. Without that, Christianity is like a swimming class that never lets you into the pool. You can't learn buoyancy from the bleachers.

Peyton: So here's the question. Are you ready to step into the tactical rhythm? It's okay to be afraid. Everyone is. At first it's like bungee jumping. Your stomach knots, your mind races and everything in you screams, what am I doing? But then you leap and mid-air. Fear turns into adrenaline and that adrenaline turns into joy. That's what happens when you finally step out. You realize that Jesus and His power and authority meet you in midair. And when it's over, you don't say never again. Instead, you say, I want to do that again.

Kris: Now for you. Timid hearts, don't let the bungee analogy scare you away. When God sets you on your mission, you'll be amazed how well it suits your personality. Even if you prefer bungee watching. So here's your micro step for today. Before you start your own mission trip, start by praying for it. Remember when Jesus told the disciples to look at the fields and pray for workers?

That's how it starts. Pray for the people on your list, the ones God has already placed into your life. Ask him to open your eyes to the harvest all around you, right in front of you. This week, commit with your two to pray for your who by name. Remember, you've got your list of who's. We haven't narrowed it down yet, so anyone on the list might be your next disciple.

But pray for everyone on that list. Pray for open doors, open hearts, and open conversations so that when the time comes, nothing has to be forced. And yes, prayer is a step. It's not the preamble. Prayer is active mission because soon enough, Jesus will make you the answer to those prayers.

Peyton: Let's pray. Jesus, thank you that you don't wait until we're ready. You send us anyways and meet us in the going. Move us from learning to doing and make us brave enough to flap as we fall. Amen. And we'll see you on the next step of Discipology.

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Micro Step 6: Pray!

Kris: Today's tactic is prayer. Just like Jesus told the disciples to look at the fields and pray for workers, we want you to pray for the people on your list—the ones God's already placed in your life. Ask Him to open your eyes to the harvest all around you—right in front of you.

All this week, commit with your Two to pray through your list of Who's—by name. Pray for everyone on that list.

Pray for open doors, open hearts, and open conversations—so that when the time comes, nothing is forced.

And remember, prayer is *active* mission. And soon enough, Jesus will make you the answer to these prayers and many more that have come before you. And we'll see you next time!

Step 7 | You're Not Alone

Peyton: Welcome back to Discipology. Now this step brings us full circle. The story began on a lakeshore when Jesus said, follow me. Now it ends on a hillside in Galilee with his final words before he ascends. What started as an invitation now ends with a promise. Picture the scene. The wind stirs over the hillside, carrying the scent of dust and grass. The disciples are gathering one last time. They've seen the empty tomb touch the scars. Eaten breakfast with the risen Christ. Their faith is no longer theory. It's tactile. They've touched the resurrection itself. And Jesus has remained with them 40 more days. But something heavy hangs in the air. Change. They can feel it. Jesus is about to go and everything in them wonders what now? Then he speaks.

"All authority in heaven and on earth has been given to me. Therefore go make disciples of all nations."

You can almost hear the heartbeat in that pause. Go us, the ones who ran when he was arrested. The ones who doubted even after the tomb was empty. The same guys who argued about who'd be the greatest in his kingdom. Are you sure, Lord? But then come the words that steady the trembling. And surely I am with you always to the very end of the age. Those words changed everything. Without them, the Great Commission would crush us. But with them it becomes possible.

Kris: That Great Commission is in Matthew 28. By the way, you and I weren't standing on that mountain. Of course, we didn't get to see Jesus lift off into the clouds, but that promise still stands. And here's how we know. All nations haven't yet been reached, and the end of the age hasn't quite passed. So he is still with us. Step out to make disciples. And that promise holds.

Peyton: But maybe you've heard that same whisper that visits all of us. What if I mess this up? What if I don't say the right thing? What if I'm not enough? Congratulations. That fear means you're human. You're exactly the kind of person God uses. Because this isn't about your ability. It's about his authority. Look back at the words that opened the Great Commission. Jesus said, all authority in heaven and on earth has been given to me. Therefore go.

Translation: I run the universe. You just walk in my wake. He's the one who softens hearts before we speak. He's the one who engineers all those chance encounters that aren't chance at all. And he's the one who keeps working in hearts long after you've logged off for the night. We're not the ones who make mission happen. We're just supposed to be the ones who turn up.

Kris: Isn't it always the fear that stops us? Fear tells us it all depends on you. But Jesus didn't drop a huge weight on you and then just walk away. The beauty of the Great Commission is in the word with. He didn't say good luck out there, he said. Go and I'll go with you. That's why the first disciples didn't sprint off in panic or throw together a strategy retreat. They waited and prayed. They knew that the mission depended on power that they didn't have.

Peyton: Yet that's where Paul's words echo in. As a missionary, Paul never felt that he measured up. He once asked, and who is sufficient for these things? In second Corinthians 12, he tells the story when his weaknesses were staring him straight in the face and he couldn't bear to look in the mirror, he pleaded with God to remove his weakness. But God said, no, my grace is sufficient for you, Paul, for my power is made perfect in weakness. And suddenly Paul saw it clearly. His weakness wasn't a liability. It was an entry point for power. For when I am weak, then I am strong. Weakness is the door that lets Christ's strength in. Every time we exhale our inadequacy, he breathes in sufficiency. That's what prayer really is. Holy breathing. Exhale. Fear. Inhale. Grace. Repeat.

Kris: Picture those disciples again, staring up into the clouds as Jesus disappeared into them. Now they didn't say, okay, team, let's draft a five year plan. Now, I love a good five year plan. And the apostles were planners. But on this mission, any plan is worthless without God's power. So they went to an upper room and prayed. Ten days of waiting, ten days of weakness, ten days of breathing, dependence. And then in acts two, the spirit arrived. Wind. Fire. Power. Boldness. The same Peter who had denied Jesus three times stood up and preached one sermon. So spirit charged that 3000 people came to faith in a single day. That's what happens when fragile people trust a faithful God.

Peyton: So where does that leave us? We've learned what disciple making is following Jesus and bringing others along. We've seen who he uses. Ordinary people like Peter. Andrew. Like you, we've walked through how he does it. Time, teaching and tactics. And we know why, Jesus commanded. And finally, we've touched on the tip of the iceberg of God's power that's promised for everyone who's willing to go on this journey of faith. Soon it'll be your turn to go from learning to living it. When the time comes, grab your two. Walk with your who. Don't wait for perfect conditions. Don't wait until you feel ready. You never will. But he's ready right now to walk beside you.

Kris: And remember this. You don't got this. But Jesus does. You can't do it, but he will. Through you. He doesn't just send you, he stays with you. The same spirit who filled those first disciples is ready to guide your steps, to open doors and to speak through you even long after you finish talking. Every conversation, every coffee meet up, every moment of awkward obedience. He is there. And he's not just watching you from the sidelines. He's empowering you from within. So breathe. Let go of the pressure to perform. Breathe in his presence instead.

Peyton: Because the real secret of disciple making. It's not a project you carry, it's a presence you walk in. Jesus never expected you to build the kingdom alone. He simply invites you to join him in what he's already doing around you. When you step out in obedience, you discover he's already been there waiting for you. He's in the neighbor you keep running into. He's in the coworker who keeps asking deep questions. He's in the student who's lonely and open to talk.

Kris: I have a little personal story to illustrate this one. Some years ago, an old friend of mine invited me to help out with some mission work that he did regularly at a rave. Now, I knew raves from before my walk with Jesus, and I knew that rave culture loves each other and also really love sin. Lots of it. And I remember my first time there on mission, looking over a huge crowd of thousands of precious young people so loved by God, but so covered in sin and idolatry. And all I could think was, where are you, God? God showed up. I tell you, I don't think that I have ever experienced the overt presence of God working through our little group of underqualified believers, any more than in that place.

Conversation after conversation, miraculously like God's answer to me was palpable. See all those lost kids? Of course I'm here, and it's about time you showed up so that I could get to work.

Peyton: So here's your micro step. Write down one area of personal weakness and pray into it. Ask God to move you as you take one micro step into that area that makes you afraid or you don't feel good at. And the spirit of the quote attributed to Eleanor Roosevelt. Do one thing daily that scares you.

Kris: So go ahead and think of one specific weakness. And as you think about that, pray with me.

Father, we pray that you would take our weaknesses, all of them. But we're going to start with just one today. Maybe it's folly, maybe some shame from the past. Today, Lord, we ask you to work through that very area. Use my testimony, Lord. Transform it. What I see as a weakness. Lord Jesus, please use it as a doorway for your strength today. Help me to realize that when I am weak, then I am strong.

Mico Step 7: Turn Your Weakness into Strength

Pryton: Today, I want you to look at your weaknesses differently—not as obstacles, but as badges of honor. Think of how much glory God receives when He works through them. Your step today is simple: don't let those weaknesses stop you. Bring them to the Lord and let Him either help you overcome them, work in spite of them, or even work through them.

First, pick one area of weakness that makes you feel unqualified—maybe fear of speaking up, lack of Bible knowledge, insecurity, or something else. Write it down. Then pray Paul's prayer over it: "Your grace is sufficient for me. Your power is made perfect in my weakness."

Next, choose one specific action you can take to confront that very weakness...something small. Step out in faith and do it—then watch how Jesus shows up.

And finally, take a moment and pat yourself on the back. You've made it through the first seven steps of the introduction. Next, we'll begin the seven steps focused on the rhythm of time with Jesus.

Remember this: Jesus doesn't just send you—He stays with you as you go.

Step 8 | Rhythm #1: Time

Peyton: Welcome back to Discipology! Payton and Kris, back with you again for the next seven steps. We're slowing down to enter the time rhythm. This is where Jesus began. Before training, before sending, before anything flashy. He spent a full year simply being with his disciples. If Jesus didn't rush transformation, why should we?

Becoming like Jesus takes time and we become like the people we spend time with. Proverbs says whoever walks with the wise becomes wise. And. Paul warned, bad company corrupts good character. So when we spend time with people who've been with Jesus, our lives begin to look like his a little more every day.

Our lives display the marks of a mature disciple to the people around us. Lucky for us, we don't have to make up what the marks of a mature disciple are. Paul lists the marks in 1 Timothy 3 and Titus 1, when he describes what a potential leader's life should look like. Things like being gentle, self-controlled, not arrogant or quick tempered.

This isn't some moral checklist to beat yourself up with, but a description of how someone's character changes from being around Jesus long enough for it to show. Paul regretted how long it took to see the connection between his character and God's.

You see, before he met Jesus, Paul thought he knew God. He was a highly trained, deeply religious Pharisee. He was extremely dedicated to his faith and deathly zealous for the traditions of Judaism. But his life looked nothing like the God he claimed to worship. Somehow, the Pharisees religion led to arrogance, anger, and even violence.

Looking back on his life before he knew Jesus, Paul realized something devastating. You can think you're serving God and still completely miss his character. That's why character matters so much in disciple making. Because people don't just absorb what we say, they absorb who we are.

Kris: That is a powerful insight, and Paul's transformation helps us see it. When Jesus appeared to Paul on the Damascus road, Paul realized he'd been worshipping a twisted version of God. His view of God had shaped his character and turned him into a violent man.

That's why transformation doesn't begin with self-improvement or focusing on our own character, but rather focusing on who Jesus is. Paul saw Jesus appear to him on that road, and even that brief encounter stayed with him for days. He wandered blind. A dramatic picture of how lost he'd been even while devoting his life to God. How could he have gotten it so wrong?

Moses, too, had a face to face encounter with God that changed him. Many. In fact, each time Moses walked out, glowing like he'd absorbed God's glory. So he put on a veil to cover the radiance. And Paul compares that story to us.

And it's our anchor verse for this series. Second Corinthians 3:18 "And we all, with unveiled face, beholding the glory of the Lord are being transformed into the same image from one degree of glory to another."

Notice when we behold the glory of the Lord. When we look at Jesus, we are transformed into the same image, becoming like him one degree at a time. Think of your life like a light bulb. The bulb itself is fragile, ordinary, but inside power that shines. Now sometimes that light inside seems to fade.

So how do we turn up the dimmer switch? Now don't just grit your teeth and try harder. Ironically, that usually dims the light. Character transformation begins by fixing our gaze on him. Because who you behold determines who you become.

Peyton : If we're ever going to see our character transform, we have to start with God's. That's where the concept of shalom comes in. In our Bible, shalom is translated peace. But that's because we don't really have a word in the English language that perfectly captures its meaning. It was more than a greeting. It was a blessing.

When you said shalom, you were wishing the holistic blessings of life as the creator intended in every area of their life: their soul, family, health, everything in perfect alignment with God. When Jesus said that we should love the Lord our God with all our heart, soul, strength and mind, he was describing a life wholly surrendered to God in every area. With that wholeness in mind, we want to introduce you to a free assessment tool called the Shalom Star.

The assessment uses Shalom as an acronym for six key areas of life that mark your maturity as a disciple, and it'll help you ask the question, what areas of my life is God's character shining through, and where does it need that dimmer switch turned up? Not as a scorecard, but as a checkup. Not pass fail, but assess and grow. Remember where Paul listed out the character traits of mature disciples qualifications for a leader. If you distilled them down, they'd fall into one of these six categories.

In the Shalom star S is for spirit, your soul walking with God, your relationship with him.

H is for honor. Faithfulness in the responsibilities that God wants you to steward.

A is for affections. If God is love, it should shape our relationships with our families.

L is for learning. That's the loving God with all your mind part, your intellect, creativity, and knowledge of a God who loves to reveal himself to us.

The O stands for others. This measures the missionary heart of God that beats in a mature disciple. The heart to reveal God's character to others who don't yet know him.

And lastly, the M stands for mental. Our thought, life and emotions.

As you can see, humans made in the image of God are complex. We've got bodies, responsibilities, souls, minds. There's a lot to balance here, and the Shalom Star helps you assess that balance.

Because when we neglect any part of ourselves, our lives get out of balance and the people around us can see there's something wrong. Maybe that was Paul out of sync with God's character, but the last one to see it. The spirit doesn't just want to change your quiet time. He wants to reshape your whole life, your relationships, your habits, your reactions, your inner world.

Kris: Transformation happens over time. Time spent with God, with godly people, and time walking close enough to Jesus that his character rubs off. Paul is proof that even deeply religious people still need transformation, as John wrote.

Whoever claims to abide in him must walk as Jesus walked. Jesus walk reflects God's character. So each of those six points on the Shalom Star points directly to God's character to help us transform ours.

So here again are the six mature disciples who know that God alone is King. Walk in the spirit. Those who know God cares about everything. Walk in honor. Those who know that God is love. Walk in affection. Those who know that God is all wise. Walk in learning. Those who know that God has a missionary heart. Walk with others, and those who know that God allows suffering for a purpose. Walk with mental toughness.

Paul walked with Jesus until he walked like Jesus. Then he could say, follow my example as I follow the example of Christ. He wasn't perfect, but he was being transformed. And that's what we're inviting you into over these next seven steps. Not pressure. Not performance. Presence.

We are going to gaze into the face of Jesus together, looking at who he is, so that it reshapes who we're becoming. And when we do, something happens. Like sailors spotting a lighthouse in a storm. People are drawn to Jesus light in our lives. You're not the source, just the bulb.

Stay plugged in and let the spirit shine. Once again John says, but if we walk in the light as he is in the light, we have fellowship with one another and the blood of Jesus his son, purifies us from all sin. So here's the invitation for this series you and your two. Slow down. Learn to spend time together.

Get to know each other and God better. Don't just study the time rhythm. Live it. And your Microstep today, head to take shalom.com to take the Shalom Star assessment. That's takeshalom.com. It's totally free.

The assessment will ask questions and provide scores in each of the six areas. Now, this is not pass fail, and it's not a competition. Let that stuff go. It's about honest self-assessment so that you can improve. You can find that free at. Take shalom.com.

Take the assessment, share your scores with one another, and discuss what encouraged you. What surprised you? Do you agree? What areas challenge you to improve and don't get down on yourself for a low score?

You're here because Jesus called you. He sees you like he saw Peter. Not for who you are, but who you're becoming. So walk in the light. No shame. His blood purifies. Your lower scores are exactly where he intends to work. So let him work and get ready for the spirit to transform you. To walk more like Jesus and be encouraged. We are deeply loved, just as we are.

Peyton: And with that, we'll leave you to it. We'll see you on the next step in Discipology.

Mico Step 8: Take the Shalom Star Assessment

Kris: Hey disciple-makers, your tactic today is a *good* one. We want you to take the *SHALOM star assessment*. You can find that *free* at takeshalom.com. It's a *self* assessment so you don't have to worry about a machine scoring you unfairly.

You'll walk through a few questions with clear guidance to assess *your* own progress with God in six key areas. They're the same areas we'll focus on through the next six steps here in the *Time rhythm*—and you'll refer back to those scores as we proceed.

Remember: there's no *pass/fail* and you're not competing. So *be honest* with yourself and give yourself an accurate starting place for God to start leading you forward. That's takeshalom.com.

Take the assessment, share your scores with Two, and discuss. Encourage each other on your strengths, and pray into the areas that you want to improve. Jesus called you, and He already sees the person he's forming you to become—as you walk more and more like Jesus. You are loved just as are, and you are being led to who you are becoming. And I'll see you next time.

Step 9 | Disciples Walk in the Spirit

Peyton: Welcome back to Discipology. Payton, with you again, if I were to ask you what a mature disciple looks like, what would you say? How would you describe a mature disciple of Jesus?

Our anchor verse, Galatians 5:16 provides a clue. “So I say, walk by the spirit, and you will not gratify the desires of the flesh.”

Today we're talking about the spirit, the spiritual side of a mature disciple. One of the six marks on the Shalom Star, where's stands for spirit. So how did you do?

You took the Shalom assessment. How's your walk with God doing? During the next few steps in the time rhythm, we'll be focusing on what you're becoming. Remember, before we make disciples, we need to become disciples, or at least become the kinds of disciples you'd want to see more of.

Because Jesus said there were certain types of disciples nobody wants. He told his disciples in Matthew 23 that the religious leaders of his day scoured the earth to make one disciple. But then made them twice the sons of hell that they were. Ouch. So what should a disciple look like? Or at least a mature one?

One we want to see reproduced. Well, the first thing we should see is development, not perfection. In fact, as a reminder, that goes for all of the six areas of the Shalom Star. A mature disciple is someone who's progressing towards a balanced development in all six areas of their life.

But this one, the spiritual part of our lives, is the foundation to everything else. Because once we walk in the spirit, we learn to walk with honor, walk in affection, and all the other parts that the Shalom star measures.

And when that happens, people can see God at work in our lives. I say at work, because this isn't a performance tool. We're all works in progress. Let's get that straight right now.

Peyton: We're transforming from glory to glory as we gaze at Jesus. Remember? But what does it actually mean to walk in the spirit? The term is taken from our anchor verse, and some people, well, they make it sound weirder than it actually is.

Simply put, walking in the spirit means surrendering to him, walking in his will, yielding to his desires above our own. You could say it's letting God call the shots. Letting go. And in Romans 6:13, Paul says, do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life, and offer every part of yourself to him as an instrument of righteousness.

Now that is surrender. But let's stop here for a second and clear the air. Surrender isn't one of the favorite words in our vocabulary.

Now, is it because if you surrendered, it usually means you lost. Surrender means giving up, waving the white flag of defeat. Except in the kingdom of God, surrender means you're winning. Because if God is king, that means we're not.

So when we talk about walking in the spirit, we're really describing a life of surrender to the one who has every right to rule. The stronger party with the greater power. That's why surrender shouldn't be a bad word. Because even Jesus surrendered. And in fact, it was one of the ways he showed his worthiness to rule.

In Philippians 2, Paul says he made himself nothing by taking the very nature of a servant, being made in human likeness and being found in appearance as a man, he humbled himself by becoming obedient to death, even death on a cross.

Think about it. Jesus surrendered himself to the father's will. And when we walk in the spirit, submitting to Jesus's reign and rule over us, we're echoing the same message Jesus sent to the world that God alone is King.

Peyton: Now think back to the Old Testament with me. The nation of Israel, unlike the surrounding nations, had no king. They didn't need one. They had God. But one day they begged Samuel the prophet for a human ruler. Give us a king, they said. But Samuel pleaded with him not to trade heaven's rule for human tyranny.

Funny, isn't it? From Eden onward, our default setting is. Humans has been to throw off God's authority and crown ourselves instead. But that same battle of the bow unfolds throughout every page in the Bible, from the opening pages in Genesis, where God lovingly rules over creation and still Adam rebels until Revelation's Final chapter. When every knee bow and every tongue confesses. Both willingly and unwillingly, that Jesus is Lord. From Genesis to Revelation, the recurring question of the Bible is who's really on the throne?

That's why Jesus modeling surrender to the father really matters. His entire life was one long act of obedience showing us how to do it. The King of Kings stepped down from his throne not to crush his enemies, but to surrender and die for them. Romans five says, while we were still sinners, Christ died for us. That's surrender in its purest form. Even Jesus's disciples were slow to understand the contradiction of how Jesus sometimes seemed weak despite his great power.

But one day, in a boat on the Sea of Galilee, Jesus calmed a storm as the realization slowly dawned on his disciples, who whispered, half afraid. Who is this? Even the wind and the waves obey him. Even the forces of nature recognize their creator. When humanity was slow to understand. But what about you and me?

Doesn't this realization also come slowly into our lives? Remember, we're in the time rhythm here and the transformation from self-rule to recognizing God's right to rule in all things in every way is a process.

But that's what mature disciples do. And let's be honest, we make terrible rulers anyway. We say, I'll do what I want and hand the crown to whatever desire feels good in the moment. That's where our supposed freedom so quickly turns to slavery, to sin, bondage to our desires.

Peyton: As Paul says in the book of Romans, gives it an inch. It becomes a ruler. Deep down, every soul wants a good king. We were designed to follow, Follow someone worthy to lead. Someone who would love, protect and guide us as only God can. Jesus is that King and the spirit in us constantly points back to him when we confess Jesus is Lord. We're giving up our right to rule. We're surrendering to his reign, and it becomes a daily act of laying down your stolen crown and whispering in sweet defeat. Your kingdom come, your will be done.

And when we surrender like that, the spirit starts reshaping us from the inside out, producing fruit that looks like Jesus love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. This isn't some white knuckled self-improvement. This is a self-control that doesn't come from us anyways.

It comes from the Holy Spirit. Self control is really spirit control. That's what Paul meant when he described the marks of a mature disciple to Timothy as above reproach and self-controlled. It's not the product of striving, but the result of yielding and surrender to the quiet authority of Jesus in our lives. And you and I both know it's not easy.

Our dethroned flesh constantly craves a comeback, attempting to stage a coup whenever our guard is down. And that's why this is a process that takes time. Now, let me pause here and give you a framework that will carry you through the rest of the steps in the time rhythm, because the next six steps from here follow the same pattern.

You might not have even noticed it, but this is the pattern God built into transformation, and it always moves in the same direction. Father to son, son to spirit. You see, our transformation starts with who the father is. His character, the father, reveals that character in this case, that he is our Almighty creator, and that alone means we should surrender to him. But then God sent His Son to embody the surrender that we so desperately fail in, so much so that the Son of God had to suffer for our sins of rebellion on a cross to pay for us to enter his kingdom.

Peyton: Here's how it all comes together because God alone is King. The son bowed to the will of his father, and now the spirit bends our lives to shine his rule through us. So here's the invitation. Slow down, take stock and ask, where am I still clinging to control?

Maybe it's your schedule. Maybe your finances could be your image. Or a relationship, or just a fear of letting go. Whatever it is. Remember this when people see you surrendering, it's well, it's beautiful.

So this week, try something different. Try a fast, maybe fast from something that tugs at your control. It could be food, media, your phone, whatever it is, not as punishment, but as practice. Every time you reach for that thing, whisper in surrender. Not my will, but yours. Be done. My friends, that's how we learn to walk in the spirit. One surrendered step at a time. It may feel like two steps forward and one step back. At times, sure, but surrender was never easy.

The good thing is, though, you're not alone in this process. You can't do it on your own. And the work of transformation is done by the Holy Spirit within you, who's whispering in your ear the whole time? Trust me. Let go! And with that, my friends, it's time for me to let you go. And I'll see you next time on Discipology.

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Mico Step 9: Practice Letting Go

Peyton: Here's your invitation today: pause for a moment and take an honest look at your life. Ask yourself, "Where am I still trying to stay in control?"

It might be your schedule. money. It might be how people see you, a relationship you're holding tightly to, or even the fear of what might happen if you loosen your grip.

Wherever you notice that tension, bring it to Jesus.

This week, try a simple practice of surrender. Choose one thing that tends to pull at your sense of control.

Maybe media, your phone, or something you normally reach for without thinking. Step away from it for a time. Not as punishment, but as training.

And when you feel the urge to reach for it, turn that moment into a prayer: “Jesus, not my will, but yours.”

That’s how we learn to walk with the Spirit—one small surrender at a time.

And remember, you’re not doing this alone. The Holy Spirit is already at work within you, gently guiding you forward.

Just keep taking the next step. You’re learning, you’re growing, and you’re doing better than you think.

Step 10 | Disciples Walk in Honor

Kris: Welcome back to Discipology my friends. Kris with you again. Our topic today is honor, and our anchor verse is Colossians 3:23. Whatever you do, work at it with all your heart as working for the Lord, not for human masters.

The way someone works tells you everything about how they respect their boss. But no matter who we work for here, our real boss is the Lord. That is honor. The time rhythm of discipleship is all about becoming. The disciples watched Jesus' work ethic up close. They saw how he honored the father with his work and his rest, and that time with Jesus taught them to do the same. So what does honor look like?

We honor a person by showing them due respect. We honor a code by living true to it. And to honor this topic, my brain has been singing you'll bring honor to us all on repeat. Welcome to my brain. But seriously, some of the great moments in movie history are moments of honor. When Aragorn kneels before the hobbits, you bow to no one. Or Dead Poets Society, the entire class standing on their desks to honor Mr. Keating with oh, captain, my captain! The power in those moments isn't in the words, it's in the life that earned them.

Like when Captain Miller says to Private Ryan. Earn this. What he means is, honor this sacrifice. The honor is right because the person is worthy. So how do we honor God? Well, just a few verses before our anchor verse, we find Colossians 3:17.

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus.

What does it mean to do everything in Jesus name? A name represents character. Think of someone you deeply respect. When someone says their name, you feel that respect. But acting in someone's name means representing them.

Imagine that same person asked you to represent them in an important gathering like their ambassador.

Kris: Your job isn't just about being good, it's about representing who they are. You not only carry their authority, you must also honor their reputation and character. Every word and action reflects on them.

When my mom died, I wanted her memorial to honor her life, but also to represent her character. She was fun and friendly. She valued people and culture. So her memorial honored that. That honor is what we are called to do for Jesus. You represent him. So how are you doing?

The H in the Shalom tool helped see you where you're at with honor. But remember, that score is not about passing or failing. It's about maturing. And we don't mature by just trying harder. We grow through time with Jesus, getting to know God first.

So let's start there and look at honor through the three lenses of who God is, who Jesus is, and who we are. The order matters. Always start with God. So first up, who God is. In the Old Testament, God wove himself into every part of life for his people work and rest, family and worship, celebrations and sorrows. God was always at the center.

The Hebrew word translated as honor or glory is kabod, and it literally means weight or importance. That weight makes sense in a time when value was measured in weight of gold or silver. To honor something is to show its worth or weightiness in your life.

What is God worth? Revelation four says, you are worthy, our Lord and God, to receive glory and honor and power, for you created all things. God is worthy beyond all measure.

But how do we honor that? In the Old Testament, God's law showed how it gave clear directions for honoring God in everything you do: work, family, business, farming. It's all in their honor. God's character with justice and equity, by living clean and pure and by living wisely. Each one gives weight to God's place in your life.

Kris:When God gave Moses the law on Mount Sinai, he also declared his name, the Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin.

So God revealed his character, than his law explained how to honor it, even in the little things. And the whole world sees God's character more clearly when God's people honor him with their lives. Picture this: imagine if real people came with a HUD, a heads up display like a video game, but instead of health bars or ammo, it shows their true motivations in real time and instead of numbers, each motive appears as weight on an old fashioned balance scale.

Chains, trays and all. As they work, you see weights for each motive, money, vanity, family, success. And when your motive is truly God, his scale tips heavy. That is honor.

And in a way, we do have such a display because the one you honor is reflected in how you go about life, how you treat a server, how you finish a work assignment. Money makes you shrewd. Vanity makes you guard appearances. Honoring God, makes you kind, just, and compassionate like him.

Just one problem. The law didn't make people good like the HUD. It showed people where their motives were, but it had no power to change them. Which brings us to who Jesus is. Colossians 1 tells us that Jesus is the image of the invisible God. In other words, you can't see God directly. But to see Jesus is to see who God is. And Jesus honored the father.

In John 8, Jesus tells a group of religious leaders who claimed to represent God, I honor my father and you dishonor me. Jesus ' whole life honored the father because he fully represented that name. Compassionate and gracious, slow to anger, abounding in love and faithfulness, forgiving. He lived it.

A word very similar to honor is glorify. The Greek word doxa literally means shine forth. In John 17, Jesus prays to the father I glorified you on earth, having accomplished the work that you gave me to do.

Kris: Jesus shined forth the father's glory by doing the father's work faithfully. Even the way he treated his mom honored God's name. So honor gives weight and shines forth. Jesus did both.

Now let's bring all that together into who we are. The father is worthy of honor. Jesus showed us how to honor, and the Holy Spirit empowers us to follow that example. The spirit helps us honor Jesus name, giving him weight in our decisions and shining his light in our actions.

Colossians 3 reminds us that our old self died with Jesus, and our new self rose with Jesus. But how can you tell? Check the HUD before and after for the old self. The weights were all on money, vanity and lust. But that character died and a new one appeared. The new one may look the same, but the motives changed. The weights moved to God scale. The spirit did that. The law couldn't. But the spirit does.

Now the work's not done. Sometimes the old self comes back like a glitchy respawn from your old zombie self. But the spirit catches it. And as we spend time with Jesus, he moves the weights to honor Jesus more and more. What does that look like in real life?

Back in Colossians 3, it looks like taking off rage, malice, lust, and greed. In verse nine, since you have taken off your old self with its practices and have put on the new self which is being renewed in knowledge. Listen carefully. In the image of its creator. That's your new identity, renewed in God's image. It's our original design from Genesis one. Jesus is God's image and we are remade in God's image.

What that looks like is in verse 12. Compassion, kindness, humility, gentleness, and patience. That's what honoring God looks like as the spirit moves your motives to the God scale. Now, when Jesus calls on you to represent his name in a very important gathering, his world. Now you can honor him faithfully.

And that brings us full circle to verse 23. Whatever you do, work at it with all your heart as working for the Lord, not for human masters.

Kris: You work for Jesus, servant. You represent Jesus, ambassador. Honor him in everything. Give him weight and shine his light. So let's take inventory. How well do your actions reflect his character?

Be honest with yourself and no guilt trips where you struggle. Ask God for help. Where you succeed. Thank God for faithfulness. And focus on the little things, especially your responsibilities.

And today's micro step is all about that today. Select one responsibility in your life and determine to give it your best. Jesus name is on your name tag. How will you honor it?

Don't try to change everything at once. Pick one, then build. Ask the spirit to help you see the display. What motives really drive the way I do this and help me move the weights to God scale. Help me to do this task in your name and as unto you. Remember, a mature disciple treats even the smallest responsibilities as worship. If it matters to God, it matters to us. And we'll see you back here for more Discipology.

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Mico Step 10: Honor One Responsibility

Kris: Time for your tactic for Step 10. Today, *select one responsibility in your life*, and determine to give it *your best*. Jesus' name is on your name tag—how will you honor it? Don't change everything at once. Pick one, then build. Ask the Spirit to show you what motives really drive the way you do this, and to help you move the weight of your motivations to God's scale. And pray: Lord, help me do *this task in your name* and *as unto you*. And I'll see you next time.

Step 11 | Disciples Walk in Affection

Peyton: Welcome back to Discipology. Today's topic is Loving our Families. Or as the Shalom Star puts it, walk in affection. Our anchor verse is Ephesians 5:2 walk in the way of love, just as Christ loved us and gave himself up for us.

We've been walking through the marks of a mature disciple, or what transformation looks like in a disciple's life. When is your life actually revealing Jesus to others? Well, following the acronym of Shalom, we started with s walking in the spirit, surrendering to the Lordship of Christ. Then we moved on to walking in honor. The H is silent, honoring God by stewarding the responsibilities he's entrusted to us.

And now we come to a walking in affection towards our families, spouses, children, parents, siblings. Basically, what happens at home behind closed doors when no one else is watching. As Lord Melbourne, a famous British prime minister, once remarked, things have come to a pretty pass when religion starts getting personal.

Well, it's always personal, isn't it? It's impossible to walk in the spirit and walk in honor, but neglect, sharing your affection with those closest to you. So do you mind me getting personal for a bit? If Jesus is truly transforming us, then the people who are closest to us shouldn't be the last to know. After all, they've got a front row seat to our transformation. And if it's real, they'll be the first to know. Otherwise, we're in danger of what Jesus called the religious leaders of his day hypocrites.

And the word hypocrite means an actor. Someone who put on a false face or a mask. The problem is that too many disciple makers have poured themselves out for the world, but starved the hearts at home. Like the old saying, it's often the cobbler's children who have holes in their shoes. But no mature disciple loves the mission so much that they deny their marriage. And trust me, you can win the crowd, but lose your kids.

Peyton: Think of this audio guide like a DeLorean from back to the future. Pulling up and saying, Marty, we've got to save your kids!

Besides, it was the pagan gods of old that asked people to sacrifice their children, not Jesus. Jesus wants you to love them better than anyone else in the world. Think about it. In the Trinity, God the Father, Jesus a son. Those are family terms and that makes God our father and us, his sons and daughters. The highest and best relationship God has to offer is the picture of a loving family.

Therefore, that should be our hallmark. Remember, the transformation of our character is grounded in who God is rather than who we are. If you want to change your character, don't start by looking at the man in the mirror and asking him to change his ways. Staring at your navel will never get you there.

It starts by gazing at God. Listen to John, one of Jesus' closest disciples, nicknamed the Apostle of Love. In 1 John 4:8, John summarizes God's character by saying, God is love. It's not that God just does loving things. Love is his nature, his essence.

That's why Jesus' entire mission can be summed up with John 3:16 For God so loved the world that he gave his only begotten son. Jesus was the expression of the father's love. Love incarnate on two legs. That's why being a mature disciple of Jesus, if anything, should make us more loving. Paul puts it like this in Ephesians 5:2 walk in the way of love. Our anchor verse is worth repeating here. Walk in the way of love. Just as Christ loved us and gave himself up for us.

So Jesus lived out the father's love for him and we live out Jesus's love for us. That means love isn't an optional extra. It's the operating system of the kingdom. And that kind of love begins at home. If your discipleship doesn't touch the people living under your roof, it's not the real thing. John two tells us if we say we love God but hate our brothers, aka the people around you, we lie. John's not messing around. I mean, love is the number one thing that people should be getting from us, right? It's actually the reason we're here.

Peyton: If you think about it, before anything was created, before time ever began, God existed in an amazing relationship as father, son, and Holy Spirit, an eternal circle of affection.

God didn't create us because he was lonely. He created us to invite us into the love he already enjoyed. That's why you're hardwired for connection. Because we were made to love and be loved by God. John quotes Jesus as saying, for this is eternal life, that they know you, the only true God.

So eternal life isn't some kind of cosmic fire insurance that comes from saying a prayer. It's a relationship. This is eternal life that they know you. Jesus stepped into human history so we could know God, and he turned the affection amp all the way up to 11. And if Kris were here, he'd say, But Peyton amps only go up to ten, right? I know, Kris, but this one goes to 11.

And think of how Jesus modeled love to his family. Even on the cross, as his lifeblood was pouring out of his physical body, he makes sure his mother, Mary, is cared for. Mother, behold your son. Son, behold your mother.

Jesus knew how much he was loved by the father. Knowing how much God loves us makes it so much easier to give that love to others. And Jesus knew how much he was loved by the father. At his baptism, the father's voice booms from heaven.

This is my beloved son, in whom I am well pleased. From that moment onwards, Jesus wanted everyone to know the father's love, and those closest to him were the most affected. John the disciple, couldn't even bring himself to use his own name in his gospel, but referred to himself as the one whom Jesus loved. John felt incredibly loved by Jesus. But is that how the people closest to us feel? Like they're the most loved and valued people in our lives?

That's why Paul wrote in 1 Timothy 3 that the marks of a mature disciple are loving your family, looking after them first. He wrote, if someone does not know how to manage their own household, how can they take care of God's church? Translation. Discipleship that skips your family isn't real discipleship.

Peyton: If you're married, your first assignment is to love your husband, love your wife. And if you're a parent, the first disciples God ever entrust to you are your kids. Your first church is, well, your kitchen table, your living room. So love them first. Love them well then go save the world.

Now, before we move further, remember every one of these steps: spirit, honor, affection flows through the same divine pattern of Father, Son, and Holy Spirit. Like 1 John 3 says, this is how we know what love is. Jesus Christ laid down his life for us, and we ought to lay down our lives for our brothers and sisters.

The connection of our transformation goes all the way back to God's character. The father reveals his love to the world by sending Jesus. The son embodies that love, channeling the father's love to the world, showing us what it looks like.

And lastly, the Holy Spirit loves others through us like a ripple in a pond. It should be felt the strongest by those closest to us. And to encourage you. And this affection isn't something we just muster up.

It's a result of knowing how loved you are by God and letting that overflow to others. Just like the love of God within the Trinity spilled out over into creation. But let's have some real talk for a second. Some people aren't always easy to love. In those cases, affection does not come easy. Often the hardest people to love live under our roof.

That's because we see each other at our worst. Our spouses see us when we're tired, our kids catch us when we're distracted, and often our families feel the edges of our impatience. And it's in those everyday moments, those unguarded, unpolished interactions where you can ask the Lord to give you his love for people when your love tank seems empty.

Walking in affection doesn't mean being perfect. It means letting people see grace, kindness, repentance, forgiveness in real time. The people who know us best should see Jesus at work in us the most.

Peyton: So let me ask you something. Do the people closest to you experience the love of God through you? Not perfectly, but consistently. So for your tactic today, pick someone in your family. One person who needs encouragement, kindness, or attention from you and show them affection.

Make it your mission before they go to bed tonight. They know they're loved by God and by you. Get creative. Send him a note, surprise him with a meal or gift, or give him a moment of undivided attention. Somehow. Speak life into them, encourage them, serve them in a small but meaningful way, and then put a reminder in your phone.

You heard me. Do it every week and add other family members as you go. Let your affection become a rhythm, not a project. Let me send you off with a prayer.

Father, teach me to reflect your heart. Help me love the people closest to me with patience, kindness and grace. Shape my home into a place where your love is felt and seen. Fill me with your spirit. So the affection you've poured into me. Flows out of me. Help me love my family well. Love my friends well. And love the people you've entrusted to me. Let my affection be a witness to your love. Amen.

Alright, now that's enough of that. Get out there and love your people and I'll see you next time. Go on now. Get.

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Mico Step 11: Focus on Your Family

Peyton: Disciple-making doesn't start out there—it starts at home.

The people closest to you deserve the same love, patience, and intentionality that you want to show others. Every relationship needs care. Without attention, even good relationships can slowly drift or get strained.

So today, choose one person in your family or close circle of friends. And ask yourself, "How can I show them the love of Jesus today?"

Send a note of encouragement. Surprise them with a small gift, flowers, or even a DoorDash. Do something simple but meaningful that communicates, "You matter to me."

Then take it one step further. Set a reminder each week to repeat this practice. Over the next few weeks, add one more person at a time until loving people this way becomes second nature.

Step 12 | Disciples Walk as Learners

Kris: Hello friends and welcome back to Discipology. Kris here for Step 12: Disciples Walk as Learners. Our anchor verse today is James 1:5. If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

I love the "if." If you lack wisdom. If you desperately need direction, guidance, understanding—ask God. He's got the wisdom, and he's generous with it. But what if you don't lack wisdom. I guess that's the irony in the sentence. Only those who know they lack wisdom actually have any. The first step to learning is humility.

So how is learning part of discipleship? Well, the word disciple literally means learner, so I think it might be important. In fact, a disciple never stops learning. So to get us in the learning zone—and because my brain's still in movie mode—I asked my family to name their all-time favorite training montage. You know the scene: the hero hits the gym, hits the books, takes some hits, gets back up. Start the music, time to grow.

Our top picks? Princess Diaries. Clearly I have daughters. Original Spider-Man—Tobey, of course. Kung Fu Panda. And the undisputed champ: Rocky. I dare you cue the theme right now! Why do we love these scenes? Because they show becoming.

Remember—that's what the Time rhythm is all about. And also because we all know that's where the battle is won: hard work, sweat equity, fail forward. That's the story of every disciple. Jesus calls us to follow—and learn.

“Take my yoke upon you and learn from me.” Matthew 11:29. So how about this: What's your favorite training montage—in the Bible? It has a bunch. Daniel and friends studying in Babylon. Joseph working his way out of slavery and prison.

The New Testament is packed with training and learning. Jesus trains Paul, then Paul trains Timothy. Just like Mickey trains Rocky who trains Creed! 2nd Timothy 2 says: “Do your best to present yourself to God as one approved.”

Kris: Some translations use the word study—and the Greek word indicates all kinds of diligence forward: effort, labor, study, perseverance. It is a life-long training montage! And what are you training to become? Back in that same verse: a worker who does not need to be ashamed and who correctly handles the word of truth. 2 Timothy 2:15.

In other words, a mature disciple—one with no need for shame, and one who understands God's word. If understanding the Bible is key, then studying the Bible is core training. Why the Bible? Because God knows what we don't. News flash: You don't know everything. Worse yet, you don't even know how much you don't know.

But hold on. Speaking of training montage—did Jesus have one? Wasn't he all knowing already? We'll come back to that. But first let's talk about your training. Your L score in the SHALOM tool is a starting place, but again not a pass/fail. It's a place to start and keep improving as you spend time with Jesus—while you learn.

So let's walk through our big three, beginning with who God is. One of my favorite descriptions of God's nature comes from one of the Bible's wisest heroes—Daniel. In chapter 2, a young Daniel is desperate for wisdom in an impossible situation with hundreds of lives at stake. He prays through the night, and God comes through!

In response, he worships: Praise be to the name of God for ever and ever; wisdom and power are his. He gives wisdom to the wise and knowledge to the discerning. He reveals deep and hidden things; he knows what lies in darkness, and light dwells with him. Daniel 2:20-22. In other words, God has wisdom beyond all measure. Even a tiny glimpse of it boggles our minds.

And perhaps no one in the Bible is more overwhelmed by God's wisdom than Job. But a little warning when you read Job. Job is a wisdom book, but not an answer book. It never says "Here's why this, here's how that." Daniel got a direct answer with clear direction. Wisdom books like Proverbs and James are great for those questions. But other questions don't have simple answers. Job went through tragedy, and there is no one passage that makes it all okay.

Kris: It's like a broken bone—there's no instant solution. Healing doesn't work that way. Job wants it to work that way. He wants God to show up and explain. But when God does show up, he overwhelms.

Where were you when I laid the earth's foundation? Tell me, if you understand. Job 38:4. So it's good to ask God honest questions, but part of the learning process is learning to trust God for the answers we don't get. If you had a choice—between knowing the answers and knowing God, which would you choose?

Next up: Who Jesus is. Jesus is wise. Colossians 2 says: In Him are hidden all the treasures of wisdom and knowledge. Colossians 2:3. Then 1st Corinthians says that Jesus is the power of God and the wisdom of God. 1 Corinthians 1:24.

So Jesus is God's image—and his wisdom. But hold on. If Jesus is our example, did Jesus have to learn? Cue the training montage!

Luke 2. Young Jesus. His parents can't find him. Finally: they found him in the temple courts, sitting among the teachers, listening to them and asking them questions. Luke 2:46. Notice the listening. Six verses later: And Jesus grew in wisdom and stature, and in favor with God and man. Luke 2:52.

Wow. Growing...in wisdom. Next scene. Grown up Jesus in Matthew 4: Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. Matthew 4:1. Wait—that was training? Pay attention. Hebrews 5 explains it this way: Son though he was, he learned obedience from what he suffered. Hebrews 5:8-9.

So Jesus—learned—through temptation? And suffering? Yep. See, there's a difference between knowing all the facts, and knowing from experience. Jesus lived as a human so he could know what it's like—so he can relate. He's God's Son by nature, but learned through his humanity. Mark 13 indicates that there are some things that only the Father knows. He took on the human experience so that he could set the example for us.

Kris: And that brings us to who we are. One of the key parts to the Greatest Commandment is to love the Lord your God with all your mind. Luke 10:27. God wants your head as much as your heart. He invites us to think deeply, wrestle honestly, and study diligently. And spending time with Jesus is always learning time—even when he's not teaching.

Proverbs 18 says: The heart of the discerning acquires knowledge, for the ears of the wise seek it out. Proverbs 18:15. That seeking is key to learning. Jesus calls us to ask, seek, and knock. Back when I was a new believer I started a journal with questions. And I left room for answers! I was amazed how many blanks got filled in.

Now some of us carry some baggage when it comes to learning. For some, school is not a great memory. I happen to tutor math. I've had countless students tell me: they hate math. A little insight from thirty years teaching: No one hates math. What they hate is feeling dumb. But everyone loves the lightbulb moment—when it's explained clearly, and it clicks.

Everyone loves to learn. God wired us that way. We especially love learning something we thought we couldn't. That sense of accomplishment. That's the disciple's life—always learning. It's great to focus on your strengths, but real learners take on new subjects and new skills. Turns out it's great for your brain.

So learn! Learn about God, and about his creation. About people, science, philosophy. Learn! The keys to wisdom are simple. The Bible always connects godly wisdom to humility, curiosity, and pursuit. Seek truth with a humble heart and a curious mind, and you will find. That's true in science as well.

Now if you see faith and reason in conflict, consider this. Opposing forces can either clash—or balance. Like pulling both ends of a rope holds it up—that tension is good. God gave faith and reason for checks and balances. If science is a barrier to faith for you or someone you know, please join us for our Science & the Bible series. It's fascinating.

And for today's microstep, we want you to follow the instruction of James 1:5 and ask God for wisdom.

Kris: Choose one thing that confuses you, then ask God for wisdom—not simply answers, but a process of learning. And determine yourself to trust God through that process. Remember, a mature disciple is a forever learner—loving God with their mind, seeking to understand, and trusting God's wisdom even when they don't. And we'll see you next time on Discipology."

Mico Step 12: Ask for Wisdom

Kris: Hey guys. Today's tactic followed the instruction of James 1:5—ask God for wisdom. Choose one area of life that confounds or confuses you, then ask God for wisdom.

Don't just ask God for simple answers, but ask him to guide you through a process of *learning*. And determine yourself to *trust* God through that process. And I encourage you to *record it*.

Use a journal to *write down* the prayer—then follow up to write down each time you find some revelation or opportunity for deeper understanding. You might be amazed at God's response—and you won't want to forget it.

Step 13 | Disciples Walk with Others

Peyton: Welcome back to Discipology. Do you like road trips? I love sharing a destination with someone. But it's the journey. The music, the sights, the snacks.

Did you know if you added up all the journeys that Jesus took with his disciples, it would add up to between 2 to 3 months straight of walking. Think about any road trip you've taken. The bonding that takes place on those trips is epic. Jesus knew what he was doing. He took those long hikes with his disciples to build camaraderie, to have conversations.

You really get to know someone, to bond with them on those kind of travels. That's why our anchor verse, 1 John 2:6 says, whoever says he abides in him ought to walk in the same way in which he walked. Walking with Jesus changes the way we walk.

This is not common knowledge, but I'm a man of short stature. I have short legs. There, I said it. But when I walk with others of greater stature, I have to change my Hobbit stride to match their Kris Langham's Gandalf Gait. And in the same way, walking with Jesus transforms how we walk. We walk in surrender, walk in honour, walk in affection, walk in learning. All because we've been walking with Jesus.

And now we come to the O on the Shalom Star and the O stands for others. The outsiders who aren't insiders yet. Starting with God's character to transform our own. God is a missionary God. He created us to share his great love with us. In eternity past, before time, space, and matter ever existed, there was God, one being eternally existing as three distinct persons: father, son, and spirit insiders who wanted to share the love between them with outsiders, a missionary God created the world.

And when all seemed lost, that same missionary God sent His son as a missionary to the world. And when we set out to make disciples, we become missionaries, echoing the father's heart to reach out to others with his love. That's why mature disciples walk with others.

Peyton: They walk with insiders to reach outsiders. For example, you walk with your two to reach your who. Mission is deeply relational because God is relational, father, son, and Holy Spirit. He reaches the world through people who walk together one relationship at a time.

But most of us think of mission like our childhood dreams of being a superhero like Batman or Batgirl, the lone vigilante, the brooding hero who doesn't need anyone. All they need is bat grit, bat gadgets and a bat cave. We've been taught that mission is like a James Bond affair, best done when operating solo, of course, in a tuxedo with an exploding pin.

But that's all pulp fiction in real disciple making. You don't get to be Batman. Disciple making is a bit more like the fellowship of the ring. Mission has always been a relational endeavor, a team sport starting way back in the Garden of Eden.

In Genesis every time God created something we read and it was good. God makes man and Genesis says it was very good. But you know what wasn't good? Genesis 2:18, It is not good for the man to be alone. God could have created man and woman at the same time, but he wants Adam to feel what he felt, the desire to share his love with others.

Adam needed it too, and once that team was created together, Adam and Eve were given a mission to share their love with the entire world, be fruitful and multiply. That meant that their love would create more life, just like God. It meant have babies get busy, fill in this world up.

And when that family turned into a nation, their mission was to be a witness to the other nations. And when that mission failed, God sent his son as the ultimate missionary. Emmanuel or God with us. Look at the togetherness.

Their witness is always the key to witness. Every mission in Scripture has others hardwired into it. From day one after his baptism, Jesus starts with others six fishermen from the northern edge of the Sea of Galilee. His first act is recruiting a team of outsiders who become insiders in order to reach, you guessed it, more outsiders.

Peyton: And here's the punchline. Jesus's greatest miracle may have been that at age 33, he still had 11 friends. Bad joke, but good theology. Jesus walked with a team because the mission was never meant for just one pair of shoulders, and during his darkest moments, we see it in the Garden of Gethsemane, the Son of God, who could summon legions of angels.

Turns to three friends and says, my soul is overwhelmed with sorrow. Stay here. Keep watch with me. That's Matthew 26:38, the Son of God just needing friends. If Jesus needed friends to help him face his mission, how much more do we?

Jump ahead now to the book of acts and we see yet another great missionary, Paul. He traveled the ancient world, planted churches, and wrote Scripture. Like Jesus, he gathered a team of insiders to reach outsiders. Timothy was his true son in the faith and Titus his true child in the common faith. If that's not reaching out to others with love, I don't know what is. Silas. Barnabas, Luke. These weren't co-workers. They were family. You need others. Just like David needed Jonathan. Elijah had Elisha. Moses had Aaron and Hur literally holding up his arms when he grew weary. Batman had Robin, Han Solo had Chewbacca.

Okay, I might have strayed from the Bible a bit there, but mission depends on relationships because people depend on relationships. Your two isn't a luxury. Friends, do not try this at home by yourself. Through the seasons of disciple making, your two is going to become your lifeline. Think of your two like a spiritual climbing partner. You rope yourselves together so you don't climb alone. Don't fall alone.

And definitely don't quit alone. Your two helps you reach your who and vice versa. And this isn't scaling Everest. This is search and rescue mission. Paul put it this way in 2 Corinthians 5. We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf, be reconciled to God. Ambassadors. That's insiders inviting outsiders as though God were making his appeal through us. Do you see what that means?

Peyton: Jesus didn't just pick those 12 disciples to reach the world. He also picked us. We are those insiders that God uses to appeal to outsiders. In just a few verses before that one, Paul said, for the love of Christ compels us. To compel means to drive. But this drive isn't coming from you and I. Paul doesn't say our incredible love for others drives us on. That would kind of be a joke.

I mean, my love for others isn't going to get me far, especially when I'm driving on the freeway. In fact, it's fair to say the natural Peyton Jones. Turns out he's not so good at loving people. But Paul's talking about something supernatural here. Christ's love for others bubbling up inside of us. And by the way, I don't think Paul loved people very much either if left to himself, after all, he was killing people before he got saved. Maybe that's why the verses just before this one say if anyone is in Christ, they're a new creation.

And that's what happens when you make disciples. It's the strangest thing. You actually begin to feel God loving others through you. Perhaps we should all come with a label that says instant People person. Just add Holy Spirit.

Our character transformation starts with the father revealing his missionary heart for others throughout the entire Old Testament. But it comes to a head as the son embodies the missionary life lived and sacrificed for others. And lastly, the spirit fills us with Christ's unfathomable love for others.

So who are your others? There's your two. Who walks the mission with you and the who you're reaching. And though you're starting with one who, don't be surprised when walking the way Jesus walked starts you on a journey to reaching other others.

That's why Paul listed hospitality as the mark of a mature disciple in first Timothy three. Mature disciples open their homes, share their table, bring outsiders in. After all, those who don't reach out to others will never make disciple makers. You can't change someone's life if you won't invite them into yours.

This week, invite someone in your two. Your who, or maybe someone else God has placed around you. That's your tactic for this week.

Peyton: Invite them over for dinner or grab breakfast, plan a barbecue, play a game online with them, or share a laugh. Just be present with others. Walk with your two to reach your who and no matter what. Never walk alone and I'll see you next time on Discipology.

Mico Step 13: Have Fun

Peyton: You heard me right...have fun.

Disciple making is more fun when we do it with others. In fact, it's all about others.

I know you have your two...but ask for others within your circle of Christians to pray for you and your two. Maybe tell your small group, or youth group what you're doing - they'll probably ask you how it's going and want updates.

That's the others within your circle, but what about the others who don't yet know Jesus? People outside that circle?

This is where you get to have fun. Talk to your "Two" about getting together with your Who. Invite them to dinner, meet up for breakfast, go on a hike, surf or play golf. Whatever you like to do.

Just add others in.

Because walking with insiders to reach outsiders often begins with something simple: time together. Inviting someone anywhere is really a way of inviting them into your life. And never forget, spending time with someone tells them "they matter." And if they matter to you, they might start to think they matter to God.

Step 14 | Disciples Walk in Mental Toughness

Kris: Hey friends, welcome back to our journey through Discipology and our final day in the time rhythm. Look how far we've come and well done. High fives all around. The last piece of the time rhythm and the M in our Shalom tool is mental toughness.

I'll be honest, just hearing the phrase mental toughness triggers two reactions. One part of my brain cues up the rocky theme, beats its chest. Bring it on. The other part? It already quit. Sorry, everyone. I guess we're done. I know, I know, I can't quit. Well, neither can you. So today we're both going to talk about the health and strength of our minds and the toughness we need to walk through the hits and hurts of this life and keep on loving God with all our mind, come what may.

Romans 12:2 is an all time favorite for me. Do not conform to the pattern of this world, but be Transformed by the renewing of your mind.

Notice the word renew. Think about that. Your mind made new again. Fresh, restored to health. Like waking up after severe sickness. And finally feeling like yourself again. Too often we limit the phrase mental health to tackling mental disorders. That work is essential, but a healthy mind is something we should all maintain.

And the Bible says a whole lot about keeping your thought life healthy and your mind strong. 1 Peter 1, prepare your minds for action. Philippians 4, whatever is true, noble, right, pure, lovely. Think about such things. 2 Corinthians 10 we take captive every thought and make it obedient to Christ.

Think about it. Your physical body is made of what you eat, so eat right? But your mind is made of your thoughts in a very real way. You are what you think about, so keep your mind tough.

Now, when I say mental toughness, I don't mean self-reliance or stoicism. That is worldly toughness. And that thick skin is sometimes just a mask for a hard heart. This is the time rhythm. It's about connecting.

Kris: And the toughness we're talking about finds strength in that connection. It's not oblivious to pain, but it is resilient. It perseveres through trials and recognizes that deep pain and deeper love can coexist. How do you get that?

Before we dive in, let's pause for a quick review, because all of this contributes thus far in the time rhythm. We've learned the qualities of mature disciples.

They walk in light, always transforming. They walk in surrender, trusting God over self. They walk in honor, stewarding what God has entrusted to them. They walk in affection, faithfully loving their families. They walk in learning, maintaining the posture of a student. They walk with others, walking with insiders to reach outsiders. And today they walk in mental toughness, allowing God to restore mental wholeness.

That toughness not only helps us through our suffering, it often comes from our suffering. Now I say that carefully recognizing that I tread on sacred ground. So much of the ministry that God has called me to over the years has been compassion ministry to strengthen those struggling mentally. I can't even count how many times I've relied on Peyton as my dear friend in the ministry, who also happens to have experience as a psychiatric nurse.

His professional training and real life experience have been priceless, especially in a time when the church has sometimes not responded well to mental health questions. Though I am happy to say, I think we're getting better at it now.

The Bible doesn't use the term mental health, but it does speak quite directly to the soul that suffers. In Psalm 34, the Lord is close to the brokenhearted and saves those who are crushed in spirit. So let's look at mental toughness through the lens of the Trinity.

First, who God is. To understand how the father responds to our mental struggles, consider these Old Testament heroes. Elijah was a man of God like few others, yet he struggled. In 1 Kings 19, immediately following one of his greatest victories, Elijah was running for his life.

Kris: Exhausted, he sat under a tree and prayed for death. Listen. I have had enough. Lord, take my life, for I am no better than my fathers. That's depression. That is a crushed spirit. But watch God's response. His immediate help comes in the form of sleep, food, and water. And when that's done, he does it again. Sleep. Food. Water. Then Elijah takes an incredible journey to discover where to find God.

And Elijah is not alone. Jonah. David. Job. Each one cried out in despair, suicidal even. And God responded. The Bible doesn't airbrush their anguish. Sadly, our sermons and scripture readings too often skip over to the victories. But the Bible walks straight through and shows us that rest, lament, companionship, and nourishment are all part of God's provision for weary souls.

2 Corinthians refers to God as the father of compassion and the God of all comfort. In the Bible, comfort doesn't mean soft or squishy. It's a verb that means to come alongside and help when life knocks you flat. Comfort is the strong hand of a faithful friend to lift you back up and back.

In Corinthians, God comforts us in all our troubles so that we can comfort those in any trouble with the comfort we ourselves receive from God. In other words, God lifts us back up so that we can lift others when they're down. That's an essential part of the time rhythm.

And that brings us to who Jesus is. Jesus modeled that comfort perfectly. Jesus consistently spent time encouraging, restoring, and renewing his disciples. And he needed it too. Isaiah prophesies of Jesus. He was despised and rejected by mankind, a man of suffering and familiar with pain.

Hebrews explains that Jesus had to suffer so that he could connect with and understand us. When Jesus suffered in the wilderness, Satan played mind games. Twice he said, if you are the Son of God. He was challenging Jesus identity and God's love, and he does the same today. Yet Jesus didn't take the bait. He accepted suffering as a necessary path through a broken world. The truth is, God's love doesn't shield us from suffering, but it does sustain us through it.

Kris: In Romans 8, who shall separate us from the love of Christ? Shall trouble or hardship, or persecution, or famine or nakedness or danger or sword. No, in all these things we are more than conquerors through him who loved us.

So now let's remember who we are and how the Holy Spirit powers us to live it out. In Philippians three, Paul explains something that he calls the fellowship of Jesus sufferings. And Paul wants to know it so that he can know Jesus. Pretty stunning. But think about it. Think of the people who are the very closest to you, your dearest friends. How did they get that way?

For me, it was shared struggle. And perhaps the most important part of the time, rhythm is taking the time to share it. Talk about your struggles. Listen to these verses. James 5, confess your sins to each other and pray for each other so that you may be healed. Galatians 6, bear one another's burdens, and so fulfill the law of Christ. 1 Thessalonians 5, encourage one another and build each other up.

That is how we keep our minds tough. And in Romans 5, we also rejoice in our sufferings because we know that suffering produces perseverance, perseverance, character, and character. Hope.

Have you heard the story of John Newton and William Cooper? Newton was a former slave trader whom God transformed radically and used powerfully to end the slave trade. And his best friend, William Cooper, was considered the greatest poet of his day by the likes of Wordsworth and Jane Austen. Yet Cooper quit publishing poetry to focus on glorifying Christ, and he wrote quite candidly about his own struggles. Like how God intervened in his multiple suicide attempts and in a time before medication was available, it was Newton who physically restrained Cooper through manic fits, foaming at the mouth and hallucination. Now that is biblical comfort.

And the two of them passed along that same comfort to generations of us by writing it into over 300 hymns beloved for centuries, including one that you might know. Amazing Grace.

Kris: If that song has ever comforted you, know that it was born out of shared suffering. Our mental health matters to God, and mature disciples know that God does allow suffering, as he did with his own beloved son, and we walk in the mental toughness that comes in knowing that we are deeply loved, even in the very midst of our pain.

That toughness isn't about pretending you're fine or stuffing down emotions. It's about developing resilience, a steady trust in God that helps you endure. And Jesus modeled it perfectly.

So let's close out with today's microstep. I want you to take one step to comfort someone who's hurting. I'm sure you know someone. Don't try to fix anything. Just show up in one way a kind note, a shared meal, listening, a genuine prayer. Just remind them that they're not alone.

That simple truth can do a surprising amount of healing. And that's it for the time rhythm. Next stop teaching! Can't hardly wait. If you'd like more encouragement and insight on mental health biblically, check out parts one and two of our anxiety plan on through the word and I'll see you next time.

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Mico Step 14: Comfort Someone Hurting

Kris: Time for today's tactic on Step 14. We want you to take one simple but real step to comfort someone who's hurting. We all know someone hurting.

Don't try to *fix*—just show up in *one* way. Get creative with your Two and lean on how God has gifted you. Don't overthink it—just a simple kindness that shows you care. A note, a meal, listening, prayer. Something that reminds them they're not alone. That simple truth can do a lot of healing. And I'll see you next time.

Step 15 | Rhythm #2: Teaching

Peyton: Welcome back to Discipology. We're officially shifting gears as we step out of the time, rhythm and into the teaching rhythm. After spending time with the disciples for the first year, Jesus invites them to go on mission with him in the second.

It had started with a miraculous catch of fish earlier that morning, but ended with Jesus promising, follow me and I'll make you fishers of men. The promise to make them something they weren't meant. Jesus had his work cut out for him. Those early disciples would need to be trained.

Hitting the road, Jesus gave the disciples a front row seat to how he made disciples. The disciples watched how Jesus dealt with people and learned to do the same. So go back in time with me a few thousand years and imagine you're John, one of Jesus's very first disciples.

You've been on the road with Jesus for months now, but it's been a long day. Bone tired, feet blistered, sitting around the evening campfire under the stars. Trying to get warm. As firelight flickers across faces still dusty from the road. Crossed the flames sits Jesus, debriefing the day with you all. As you huddle for a well deserved meal. While you eat, you keep catching Jesus's eyes, scanning your companions, almost like he's assessing readiness. What you've learned, what you've caught.

It seems like ages since you shared your first meal with Jesus just over a year ago, when you knew next to nothing about him, you were so excited blurting out your brother James when you saw him at the boat the next day, we found the Messiah. James looked at you like, okay, John, sure, like the last time you got excited, but something in your voice made him take you seriously.

You catch yourself looking over at James. He sure believes now he's a new man. You both are. A year spent with Jesus and it's like everything about you is being made new, and you're so glad that others keep coming to Jesus. You want so badly for them to know him like you do.

That feeling. That's what I want you to grab hold of, wanting others to know him.

Many years later, John expressed that very feeling in his letter to the church, and it's almost like he's inviting us to the campfire. Listen to his heart. That which was from the beginning, which we have heard, which we've seen with our eyes, which we've looked upon and we've touched with our hands, we proclaim also to you, so that you too may have fellowship with us. And indeed our fellowship is with the Father and His Son, Jesus Christ. And we're writing these things. Your joy may be complete.

In other words, come sit by the fire with us. Come meet Jesus the way we met him. But like Jesus, John would never be content to simply wait for people to stumble into their campsite. John watched Jesus pursue people like Matthew, tax collectors of all people, even demon possessed people. It seemed like Jesus had grace to spare for everyone.

I imagine John early in the morning, awaking before the sun and following Jesus out into the darkness where Jesus would lie face down, weeping and praying for the souls of the people he wanted to reach. Imagine how deeply that would have affected John.

Kris: As we transition from the time to the teaching rhythm, we want to keep that heart in focus. God's missional heart for the lost. Much like John. Our joy is complete when we share that amazing fellowship that we have with Jesus and with each other.

And our lessons here in the teaching rhythm will focus on just that, sharing our fellowship. It's like having a fantastic group of friends and then bringing in someone new who desperately needs it. So for the disciples, year two was training season, and we're going to collect the core lessons from that training under these seven headers.

It starts with grace. God's fellowship is a gift. Can't earn it, don't deserve it. God just loves you because he loves you. Grace.

Next prayer. Talk to God, the Lord of the harvest. This is his work.

Then pursuit. Jesus taught them to leave the 99 and pursue the one lost sheep.

Then gospel. Jesus primary message was the gospel of the Kingdom. So he taught the disciples to understand the Good News and the kingdom it belongs to.

Next lesson, how to share it. There is an art to connecting his message to their heart, and they learned that their story was part of his and how their testimony would give hope to others.

Finally, they learned conversations. God's message is carried between people in the medium of words. And it's the art of conversation that bridges the gap between shame and redemption, between guilt and freedom between us and God.

Jesus built bridges, and he taught the disciples to do the same. And those are the lessons we're going to learn here in the teaching rhythm. We want you to sit around the campfire and learn from Jesus right alongside the disciples. So here's that syllabus again. Grace, prayer, pursuit, gospel share. Story and conversation.

The reason that disciple making gets talked about so much and practice so little is so simple. We know what the Great Commission. We know why Jesus said to. But we don't know how. Because nobody showed us how. But Jesus didn't throw his disciples into the deep end and yell, good luck! He taught them. And in year two we see followers become fishers of people.

Peyton: So let's kick off lesson one right now. Disciples learn grace. From start to finish Jesus was on a mission of grace. Before they even left the village of Capernaum. Jesus gave the disciples a radical lesson they'd never forget. He invited his seventh follower, Levi Capernaum, his most hated man, a tax collector. Today, you know him as Matthew, the gospel writer. Because Jesus changed his name, changed his calling, and changed his character.

But before Jesus, the last thing anyone wanted was a tax collector following them more like, get away from me instead of follow me. So when Jesus walked right up to the tax booth and said, follow me, it didn't just surprise him, it wrecked him. Matthew had witnessed the miracles Jesus did, and he heard him say, for what will it profit a man if he gains the whole world and loses his own soul?

As an accountant, Matthew knew in exchange when he saw one. What one seemed like a great trade now seemed like the worst deal in history. Matthew had sold his people out for money, but worse, he felt like he'd already lost his soul when Jesus said, follow me. It didn't take Matthew long to do the math. Statistically, second chances didn't come around for guys like him. He leapt out of that tax collector's booth and started his new life, no questions asked.

They hadn't even left Capernaum yet. Jesus promised to make them fishers of people, and already he'd hooked the most notorious sinner. They knew that was the lesson. Grace is scandalous. Grace is the game changer. Grace flips the script, wrecks the rules, and makes the impossible ordinary.

Three things happen when grace hit. Matthew, the Pharisees were scandalized, the disciples were stunned, and Matthew immediately invited all the sinners he knew to come celebrate Jesus. Don't miss that. The most notorious sinner in the bunch invited more people more quickly than any other instant fisherman. Grace is effective, and Jesus purposefully set up the other disciples to witness it.

Kris: If you follow Jesus into deeper commitment, he will make you a fisher of other people. As you trail behind him, learning from him, walking close enough to Jesus that his grace starts spilling out of you. And here's a reality check.

Your story is all grace. Matthew was a tax collector. Paul was a Pharisee. Neither deserved it. Neither could earn it. But Jesus saved both. And here's the great irony they couldn't work to earn it. But knowing that inspired them to work harder to share it right in the heart of Jesus very first mission instructions, he says, freely, you have received, freely give.

That is grace.

And Paul drives it home in Ephesians 2, for it is by grace you have been saved through faith, and this is not from yourselves, it is the gift of God, not by works.

So here's your micro step for today. Micro but big. Identify your who. You've been spending time with who potentials in the action steps. Now, together with your two, it's time to choose one. Pray, discuss and decide. Then write their name down. Then start praying now that grace would invade their life before you even get there.

That's key. As Matthew found out, Grace finds you before you believe. Grace opens your eyes to realize that you matter to God. You are loved. They are loved. They haven't been disqualified. They're not too far gone.

They need to know that whatever their story was, the ink hasn't dried yet. Go back to that campfire with Jesus. Feel how blessed you are just to be there to know this fellowship and feel that heart beating in your chest, telling you, we have to share this. We have to tell them it's not too late to join us at the fire.

I want to emphasize that this is your training journey. The first disciples had theirs. Now you have yours. Walking with Jesus close enough to learn his heart, his message, and his method. And now, as you walk alongside others, they'll begin to feel the warmth of God's grace before they ever see the light, just like they did with Jesus. Jesus is still calling out to sinners, follow me. Now you get to echo it and we'll see you next time on Discipology.

Mico Step 15:

Peyton: Welcome to step 15's tactic. It's simple, but powerful.

Up to this point, you and your "Two" have been spending time with people around you—watching, listening, paying attention to where God might already be at work. But now it's time to take the next step.

Ask yourselves a simple question: *Who will we pursue?*

Not everyone. Just someone. A real person God has already placed in your path.

Think about the conversations you've had, the people you've prayed for, the moments where something deeper seemed to be stirring. Often, God is already preparing someone before we ever realize it.

Now, write their name in the lightbulb.

That name matters. Because disciple-making always starts with a person, not a program.

And before you go any further, pray. Ask that grace would invade their life. Ask that the Holy Spirit would already be working in their heart—opening doors, softening ground, preparing them for what's ahead.

Because the truth is, you're not bringing God to them.

He's already there.

You're just joining Him in the work He's already begun.

Step 16 | Disciples Learn to Pray

Kris: Hello and welcome back to Disciple Makers. That's right. I'm talking to you. I know you don't think you've earned the title yet because you haven't made a disciple yet, but here you are in the teaching rhythm. You've come this far. And more importantly, Jesus is the one who invited you, and he has this amazing way to identify who we are before we quite realize it.

But before we run out the door like Samson with his hair cut off, let's remember where the power comes from. Only God has the power to make a true disciple. So today we talk about prayer. A disciple learns to pray, and a disciple maker relies on prayer because they know where the power is.

Our anchor verse today is Luke 5:16 But Jesus often withdrew to lonely places and prayed. Now that verse both inspires and confuses me. In the Gospels, we see Jesus praying quite often. But what are the dynamics there? Exactly. And again, I get confused on several things about prayer.

Like when I pray, am I just reminding him of things he already knows? Am I trying to convince him to do things my way? Or does he already know the right thing to do? And he's waiting on me just to ask?

Okay, I'll admit I'm not actually that confused on prayer anymore, but early on I was. And I can't say I'm 100% clear even now. That's okay. I don't need to fully understand. I just need to trust the one I'm praying to. And I still keep learning. I think we're all prone to forget just how powerful prayer is, and we just get lax.

We can say we depend on God, but if we don't pray, we're still depending on ourselves. So let's learn anew. Today I'll walk through the lesson in three steps. What Jesus modeled, what Jesus taught, and what I learned.

First up, what Jesus modeled. Jesus prayed. Simple as that. Back in Luke 5, Jesus often withdrew to lonely places and prayed. Notice the word often Jesus made prayer a habit. He wove it into life.

Kris: Also notice lonely places. Jesus carved out both space and time for prayer. Away from distraction. Away from demand. And for Jesus life was demanding. Catch the context of that verse. News is spreading and crowds are coming to hear Jesus and get healed. If Jesus waited for free time, it would never come. He had to make time for prayer.

We see Jesus praying at key moments before launching his ministry in Luke 3. During temptation. In Luke 4 In busy seasons. In Luke 5 long prayer before choosing the 12. Luke 6. When pressure came in to become what others wanted. Mark 6. And when revealing his identity to his disciples, Luke 9, he praised God for success and cried out at Gethsemane when trials got serious.

Even on the cross, he prayed. Prayer was a rhythm woven into every aspect of his life, his mission, and his disciple. Making prayer isn't just a formality or mission warm up. It's strategic. It is mission.

Now the disciples witnessed all that praying. It was striking. So they asked Jesus about it. Which brings us to what Jesus taught. It was in Luke 11, as Jesus returned from prayer that his disciples said to him, Lord, teach us to pray just as John taught his disciples. And Jesus response is what we call today the Lord's Prayer.

Our father in heaven, hallowed be your name. Interesting. Jesus taught that prayer to the disciples, both in Luke 11 and in the sermon on the Mount in Matthew 6. And there are minor differences, but they both teach us some important keys.

Prayer starts with Hallowing God's name. That means making it holy. Set apart. Respect the name that you call upon. Your kingdom come. Pray for his kingdom, not yours. For his will above your own. One of the most striking things about the Lord's Prayer is its simplicity.

Daily bread. Forgiveness. Lead us not into temptation. All very straightforward. All very human needs. Which brings me to what I learned when I first learned to pray.

Kris: I almost expected it to be like learning an alien language. But it wasn't. Turns out God already spoke my language. It was much more about learning to be honest and real. I still remember my very first real prayer.

I think it stayed with me because it was the first time I recognized that I really am talking to God and how real and honest I felt. The reality of God's presence exposed my heart in a really good way. In a way, it sort of reminded me of learning to talk to girls. I only had a brother, so girls seemed like aliens.

Turns out I didn't need a new language. I just had to be real and honest. Prayer is like that now. Talking to God is different. He doesn't just know our language. He knows everything. Reverence is key reverence for his kingdom and his will. But reverence starts with being real. Prayer is recognizing that I don't got this. And if we want to make disciples to transform someone's whole life, to follow Jesus, we don't got this.

And if we want to make disciples like Jesus did, we need to start where he started on our knees in prayer. Prayer and disciple making are inseparable. First Corinthians three reminds us that one person can sow seeds, another can water it, and even reap the harvest.

But God alone can make things grow. You know, prayer is a funny thing. And it's like evangelism. There are both things that God never quite lets us think we're good at, because they both require dependence on him. Saying I'm good at prayer is kind of like saying, I'm so good at flying this plane. I don't really need the wings. Hey, those aren't training wheels, buddy. Evangelism requires God's power, and prayer is our confession that we don't have it.

Back in the 1800s, John Wesley was a disciple making machine. He's credited with this quote "When I pray, coincidences happen. When I don't, they don't."

When it comes to disciple making, prayer helps you realize that God was already at work way before you showed up, preparing hearts, setting things in motion, working behind the scenes. Prayer is much more about catching you up, not him. That's why he might call you a disciple maker long before you see it in yourself.

Kris: He might already be working the answer to your prayers through you. Another key I learned about prayer abide. See, making disciples is one of the key ways that we bear fruit for Jesus. In John 15, Jesus made it clear, I am the vine. You are the branches. If you remain in me and I in you, you will bear much fruit. Apart from me you can do nothing.

I love that picture. If I try to make a disciple without praying, it's like the branch wandering away from the vine. And in that situation I am bound to do something stupid. Abide, remain. That just means stay with Jesus and prayer is key. Even Jesus said the son can do nothing by himself. He can do only what he sees the father doing. So make a prayer habit. Weave it into everything. Don't finish prayers with a period. End with a comma or to be continued and be constant in prayer. He is always listening.

And one last key to prayer; rhythms. For me, prayer is both all the time and at set times. I like to set specific times and places that fit naturally into my day and week. Mornings for me often include a quick neighborhood walk and prayer. Yes, life interrupts, so it doesn't always happen, but the rhythm brings me back and a schedule helps me focus. For 20 years, I've prayed on pretty much the same rhythms. Sunday: praise, Monday: family, Tuesday: lost, Wednesday: church and so on. Prayer for each day.

Find your rhythm and pray and that's it. Remember, prayer is where disciple making starts because God always gets there first. He's already there. Now, you might not feel qualified or confident, but prayer is what turns weakness into strength. It's where the impossible begins. So let's pray together.

Father, teach us to pray the way Jesus prayed. Help us to anchor our hearts in you before we chase after our own plans. Draw us close like a branch to the vine. So that your life flows through us. Strip away our self-reliance and replace it with surrender. Remind us that prayer is not wasted time, but it is the work itself. Give us Lord eyes to see people the way that you see them. And may every step we take today flow out of time spent with you. Amen.

Okay, time for today's micro step. On the last step we had you pick your 'who'. Now it's time to take responsibility to pray for them.

Kris: I know you've been praying already, but it's time to establish a rhythm and make commitments. Number one; add your 'who' to your daily prayer list. Number two; commit to pray for your 'who' with your two every week. And number three; establish a habit of stopping to pray before every contact with your 'who'.

You'll be amazed at how much your heart changes as you start to see them through God's eyes. Remember, God is already working ahead of you and prayer always comes before pursuit. Prayer isn't wasted time. It's where the real work begins. And we'll see you next time on discipleship.

Mico Step 16: Commit to Prayer

Kris: Once again it's time for tactics. You've picked your who, now it's time to take responsibility to pray for them. I know you've been praying already, but we want you to establish a *rhythm* and make commitments.

1. Add your who to your daily prayer list.
2. Commit to pray for your who with your two every week.
3. And establish a habit of stopping to pray before every contact with your who.

And your prayer isn't just about God reaching them but *a/so* about God helping you see them through His eyes and with His heart. And that's it. Commit and pray. And we'll see you next time.

Step 17 | Disciples Learn to Pursue

Peyton: Welcome back to Discipology. We're in the third step of the teaching rhythm, getting trained by Jesus to make disciples. And today we're talking about pursuit, how disciples learn to go after their who. Our anchor verse reads, The Son of Man came to seek and save the lost. That's Luke 19:10.

So far we've learned that in the second year of his ministry, Jesus was like a man who came to dispense grace and chew bubblegum. And well, he was all out of bubblegum. Everyone got grace like Oprah dispensing cars. You get grace and you get grace and you get grace. No wonder the Pharisees were so outraged.

They were the older brother, jealous that the prodigal sons had come home. I want you to put yourself in the shoes of those disciples who followed Jesus in that second year on his mission, traveling the length and breadth of Galilee. Jesus promised him if they followed him, they'd be made into fishers of people.

You see, Jesus wasn't just teaching the crowds. He was also teaching the 12, and one of the things they learned about making disciples was how Jesus pursued people. He described his mission that year like this: the Son of Man came to seek and save the lost. Not just save the lost. Seek them.

Jesus didn't sit back and wait for people to jump into his net. He went after them. He went fishing and he promised, I will teach you to do what I do to become fishers of men. So let me show you what that looks like through one of my favorite stories in the gospel.

The day that Zacchaeus met Jesus, Zacchaeus never thought Jesus would notice him. Too short to see over the crowd, too despised, to stand with him. All his life Zacchaeus had been overlooked, being a man of. And I quote here of short stature. I like how the Bible so respectfully said that. So like not to trigger anyone's short man syndrome. Like I was saying, he was used to not being noticed, but when he became a tax collector.

Peyton: Yeah, they noticed him then. He was the ultimate sellout. People noticed him and they got out of the way. Partly because they didn't want to anger him, partially because of disgust. They knew the power he had. He could gouge them at a moment's notice, make up any reason to add to the taxes they already owed. But behind his back they sneered. They scowled.

Maybe this was the reason Zacchaeus didn't want to be noticed that day when Jesus came through town. So he climbed a sycamore tree just to get a glimpse, grateful that the branches partially obscured him. He knew what people would say about someone like him coming to hear a prophet of God. All he deserved was judgment. Best not to be seen by people. But more than that, Zacchaeus wanted to see Jesus without being seen by Jesus. The leaves were a convenient cover, hoping to stay hidden from that holy gaze.

But then Jesus stopped right under his tree and looked up, not past him, but at him. Zacchaeus, come down immediately. I'm staying at your house today. It's as if Jesus was saying, Zacchaeus, how are you going to serve me lunch if you're hanging up in that tree?

Zacchaeus couldn't even remember the last time someone said his name without contempt. And now Jesus said it like a friend, Zacchaeus, not hey, traitor or hey, disgusting sinner. Just his name saying it like he'd known it forever because of course he had. Heaven had had that lunch appointment booked from eternity. That is pursuit.

Grace was hot on Zacchaeus heels, finding his hiding spots and chasing him out of him. Because that's what love does. So far, in the first step of the teaching rhythm, we've seen that grace widens the circle. Disciple making exists to graciously invite outsiders in, because grace often finds us before we believe.

In the second step, we learn that prayer is where disciple making actually starts. Not when you first talk to somebody. Prayer is the humble confession that God always gets there first. It gives us confidence that while we're still fumbling for words, he's already been at work. And now step three teaches us disciples learn to pursue.

Peyton: Now imagine you're the disciples at the beginning of your journey. Before you even left Capernaum, Jesus called his disciple Matthew. Calling a tax collector to be a part of his posse was so radical. But if you're the 12, you're starting to realize this is just what he does.

And you know it, too. He pursued you, right? You were one of the lost that Jesus came to seek and save. And now he's asking you to be that shepherd that leaves the 99 sheep to go after the lone straggler, to go after the one.

Jesus is the woman sweeping the house for one lost coin. He's the father running down the road to welcome the rebel son home. It's no wonder that we're called to do the same, is it? We're not meant to sit and wait for people to wander into our sermons. No, we're to go after them. Not like aggressive salespeople chasing a quota, but like shepherds searching for sheep because people matter. Let me tell you how God hammered this into me.

Years ago, I was a youth pastor with what I'll lovingly call a disaster of a youth group. Most of them were church kids, bored out of their minds. When I preach, they'd slump down in their seats, mouths open, pretending to sleep. I found out later they had a game. Who can hang their mouth open and drool the most during Payton's sermon without laughing?

That was her level of spiritual hunger. One Saturday morning, I'm on the couch watching cartoons. Yes, as a grown man, I was a youth pastor. Don't judge me. And I fill this nudge from the Lord. Go to Nick's house. Nick was one of those youth group kids, one of the ones drooling. I thought, yeah, maybe later. Lord. This cartoon is pretty good.

And then the nudge came back stronger to Nick's house. Now it felt urgent. Like God had his hand on my shoulder, like shoving me. So I got up, turned off the TV, grabbed my keys and drove over. I'd never just shown up at one of their houses before. Nick's dad opened the door and said, oh, good. Now I got an excuse to get his lazy butt out of bed. It was 10:30 in the morning.

He walked me back to Nick's room. Nick was wrapped in a thick grey duvet, like some sort of giant grub. Half awake. Hey, sleeping beauty, his dad said. Someone here to see you.

Peyton: Nick squinted at me. Peyton? Uh, yeah, I said, this is gonna sound weird, but kind of felt like God told me to come over. You okay? He shrugged inside the duvet. Classic teenager. Mind if I sit? He half mumbled. Sure. There was an awkward pause. Then I said, hey, would you be up for reading the Bible together? He shrugged again, which translated in teenage languages. Sure. Yeah. Okay.

I opened up 1 John 1, the same passage the guy who discipled me had used many years ago. Not because it was a perfect method, but it was the only method I knew. So I read that which was from the beginning, which we have heard, which we have seen with our eyes. This we proclaim concerning the word of life. John was basically saying we were Jesus's posse, his inner circle. We saw him. We touched him. We knew him. Now we're inviting you into that same friendship.

I told Nick, you know, Jesus wants to be closer to you than you've ever wanted to be close to him. And there's no limit to how close you can walk with God. John called himself the one Jesus loved. That's how real it was for him, Nick. And that's what Jesus wants you to know.

I didn't think it was landing. He grunted here and there, nodded a bit wrapped in his duvet cocoon. But then I saw a single tear roll down his cheek. That was the moment Nick began to follow Jesus. 15 years of sermons for him hadn't cracked the surface. One pursuit, one knock on the door, one Bible open, one conversation, did.

Nick became a different person from that day forward. He started leading worship in my youth group, sharing Jesus at school, bringing people to the Lord, discipling classmates. A bunch of kids came to faith through his witness. He even married a girl who had once admired his walk with Jesus from a distance as an unbeliever. She came to Christ too, because of him.

But what I didn't know that morning was this. Nick and his friends had planned to take drugs for the first time that very night, and the Holy Spirit had derailed that plan before breakfast. That's pursuit.

Peyton: That's Jesus seeking and saving the lost through a cartoon watching knucklehead nonetheless, who finally got off the couch. But the urgency I felt that morning wasn't in my head. And here's the scary part. If I'd said later, I might have missed it. Sometimes our hesitation costs somebody else an opportunity for grace.

Nick is home with Jesus now, but not before he brought others with him because somebody pursued him. Nick learned to pursue others. So when should you start pursuing your who? Not when you feel ready. Not when life slows down. Not when you finish this whole course or training.

The answer is simple now. I know it's easier said than done. Some of you are introverts and you're thinking, this sounds like my worst nightmare. Funny thing is Nick was an introvert. And here's the big reveal. So am I. And when I say that nobody ever believes me.

But I recharge alone. People juice? Not my favorite drink. Asking introverts to pursue people feels like asking someone to dance when they've never danced before. Just move your body, they say. Feel the music, they say. Yeah. Those people are dumb. They're liars. Dancing is hard. And so is walking up to someone and starting a conversation.

But here's the secret. Introverts are actually great at this. Why? Because the key to pursuing people is not being the life of the party. It's being a good listener. And most introverts are natural born chillers. You create space and you make it safe for others to open up. A lot of my disciple making conversations start out sounding like a mashup of friends, a show about everything, and Seinfeld, the show about nothing, talking about everything and nothing all at the same time.

Movies, work, kids, coffee, whatever. And then somewhere along the way, the conversation drops a level. They tell me about a breakup, that wrecked them or an addiction that they can't shake or wounds from childhood they've never said out loud before, and that is when it gets real. And while I'm listening to them, I'm also listening to someone else.

Peyton: The Holy Spirit, the one who's been pursuing them more than I have. I'm waiting for that nudge, that moment, to gently bring in Jesus. A story, a scripture, or a picture of hope. Pursuing isn't forcing the door open. It's knocking, listening, and walking through it when it cracks open. So let me ask you, what holds you back from pursuing people?

Fear of rejection. Feeling awkward. Busyness. Not knowing what to say. Be honest about that with Jesus. Invite the spirit into that because following Jesus means pursuing others with the same love that first pursued you.

Okay, time for your daily step. Today's tactic is called "pursue your who." First, think of a few things you actually enjoy. Things that feel natural to you. Maybe it's going for a walk. Grabbing coffee, playing a game, surfing, gaming online, working on a project. Make a mental list of three.

I know you've already reached out to him before, but that's okay. But this is about pursuit, remember? We're pursuing. Next, reach out to your who. Send a text. Make a call. Set up a time to do something you enjoy and all the better if your two can join in.

If they say yes. Your job is not to dump a sermon truck on them. Your job is to be fully present. Ask good questions. Listen deeply. Watch for the moment where the conversation dips below the surface, and when it does, quietly ask the Holy Spirit, what do you want to say here? What do you want me to say?

If they say no or ghost you when you invite them, don't panic and don't force it. Keep praying for them and consider who might be the next who God's putting on your heart. Remember, you're not a pushy salesperson. You're a shepherd following the good Shepherd. Jesus is already pursuing your who. You're just joining him in what he's doing. All right. Let me pray you out.

Jesus. Thank you that you came to seek and save the lost. Thank you that you didn't wait for us to clean ourselves up or climb out of trees. You walked right up to us and called us by name. Would you help us, Lord, to see people the way you saw Zacchaeus? Not as interruptions, but as treasures worth pursuing. Lord, make us interruptable, intentional and courageous.

Peyton: Teach us to listen well to people and your spirit. And today, give us one clear nudge toward our *who* and faith to act on it. Your kingdom come, your will be done through our tiny steps of pursuit. Amen.

And I'll see you on the next step in Discipology.

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Mico Step 17: Pursue Your Who

Peyton: Today's tactic for Step 17 is about taking a simple step toward your *who*.

Start by thinking about what feels natural to you. Disciple-making doesn't have to be complicated. Maybe it's going for a walk, grabbing coffee, playing a game, or even heading to the beach for a surf. The possibilities are almost endless.

Write down three things you could do with someone that would feel normal and easy for you.

Now it's time to pursue your *who*. Send a text. Make a quick phone call. Invite them to join you and your two to do one of those things together.

And remember—this is about relationship, not pressure. If they're not interested in getting together again, don't be discouraged. Just keep praying for them, and be open to the possibility that God may lead you to the next person on your list.

But if you do connect, focus on one simple practice: be fully present.

Listen deeply. Pay attention. Look for the moments where something deeper might open up in the conversation.

Step 18 | Disciples Learn the Gospel

Peyton: Welcome back to Discipology . What's the best news you've ever heard? I might take you a minute. So while you're thinking on that, our anchor versus Matthew 4:23, Jesus went through Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, healing every disease and sickness among the people.

Today we're stepping right into the heart of all of it. The gospel and the gospel means good news. If someone stopped you right now and asked, what is the gospel? What would you say? Most people would probably start with something about heaven, forgiveness, eternal life, and they wouldn't be wrong. But that's only part of the story.

Because when Jesus preached the gospel, he didn't just say, believe in me and you'll go to heaven someday. He said, the kingdom of God has come near. If the kingdom is near, that tells us. The good news is the King himself has come, and he's bringing his kingdom with him.

You see, to Jesus, the gospel was not just a rescue plan, it was an invasion. Heaven invading earth on a mission of restoration. And everywhere Jesus went, he didn't just say the kingdom was coming, he brought it. Paul echoed something similar.

For when I came to you proclaiming the gospel, I didn't come with fancy words, but a demonstration of the Spirit's power. If Jesus preached the forgiveness of sins, he demonstrated it by healing a paralyzed man.

If he preached the good news, he proved the message was true by opening the eyes of the blind. If he declared freedom, demons fled out of people crying out. To be clear, those were not random acts of kindness. The king was declaring war on sin, death, and hell.

C.S. Lewis captures this beautifully in *The Lion, the witch and the Wardrobe* in Narnia. Under the witch's rule, it's always winter, cold, lifeless and cruel. But when the true king Aslan comes again, spring invades winter.

Peyton: His very presence changed the atmosphere. Snow melted, trees budded and the sun warm, chilled bones as the frozen world thawed in the light of his presence.

That's what the kingdom of Jesus is like. With the return of the King, all that was lost at the fall of Eden is restored. Paradise lost becomes Paradise regained. Wherever the king went, winter ended. You see, the gospel isn't just a promise of a future destination, but the announcement of a present transformation.

And it starts now, inside of you and me. That's why Jesus said, the kingdom of God is within you. Every blessing lost in Eden, peace, access to God, purpose, freedom. It all begins to bloom again. Salvation isn't just escaping judgment. It's stepping into the restoration of all things that only the King can bring.

But in order to restore what was lost in Eden, Jesus had to do two things to bring us into his kingdom. He lived the righteous life we couldn't live, and he died the death we deserved. And in doing so he satisfied justice and opened the gates of the kingdom for all who would surrender and bow to him. Unlike most kings who conquer by crushing their enemies.

Jesus conquered by surrendering to them. He allowed himself to be arrested, beaten, crucified while he hung there between heaven and earth. He took the full weight of God's judgment, not for his sin, but for yours and mine. And because the wrath of God was completely exhausted on Jesus, there's not a single drop of it left for you.

That's what it means to be justified, to stand before God, justified, never sinned, or even better, justified always obeyed. And as that weren't enough, Jesus didn't just remove our guilt and give us his righteous standing before the father. He also gave us back all the blessings we lost peace with God, access to his presence, purpose, freedom, and joy.

And when he rose from the dead, he proved he was the king over everything, even death itself. That, my friends, is the good news.

Peyton: That is the gospel of the Kingdom. And that alone should be enough to earn your fealty forever. It's that simple. You receive what Christ has done for you. During one of his teachings, the crowd asked Jesus, what must we do to inherit eternal life? They wanted a checklist, a to do list, and Jesus gave them something shockingly simple.

Believe in the one he has sent. Just believe. But that's the hard part, isn't it? We want to earn it. We want to measure it. Feel like we've contributed something. But there's nothing left to add. There's only Jesus. And for many, he's just not enough. They want to point to themselves and say, I did this. But we point to the cross and say, he did this.

And that's the heart of the good news. The king has come. And he did everything we couldn't do for ourselves. And yet, even after believing this simple truth, we still need to hear that gospel again and again.

Martin Luther said, we need to hear the gospel every day because we forget it every day. We leak truth like a sieve. Think back. Do you remember when you first felt the weight of what Jesus did on the cross for you? Your sin loomed so big in your mind, but the cross was bigger. Despite your guilt being great, his grace was even greater, and it fueled your worship.

In his book *The Gospel Shaped Life*, Bob Thune once warned about the danger of losing sight of the cross. Perhaps after we were Christians for a little bit, we started to modify our behavior and our sin. After a while, it didn't seem so big anymore. God's holiness started to seem manageable, and before we knew it, the cross didn't seem so necessary. That's when we drift into what's called little cross Christianity.

And the result is we lose a sense of the wonder of grace. Our gratitude evaporates. That's why Paul urges us in Romans 12:1. In view of God's mercy, offer your bodies as a living sacrifice. It's all about your view. If you lose sight of mercy, you lose your gratitude. You starve your worship. But when we keep God's mercy in full view, our gratitude for his grace grows and we continually offer ourselves as living sacrifices.

Peyton: When we do, the gospel works so deeply in us. As one of my mentors said, “mission is an outcome, not an activity.” In other words, getting the gospel deep inside you is the best way to make sure it comes out of you. That's why every letter Paul wrote begins with the same three words: grace and peace.

It might sound like a first century howdy, but it was so much more than that. Even when Paul wrote to messy, dysfunctional churches, he started with that greeting. Why? Because that is always God's heart for his people. Grace and peace to you in Christ. God's every intention toward you is to pour out his grace and restore your peace. No matter how many times you drift or forget. That's why the gospel never gets old.

It just keeps getting bigger because of Jesus. God's attitude towards you never changes. And my friends, that's not just good news. That's the best news. The best news you ever heard. And now you get to deliver it. So if you're going to deliver the good news, let me give you a paper route in the tactical rhythm. First, get the gospel into you. Are there areas of your life where you haven't let God's grace flood into it yet?

Second, look for ways to get the gospel out of you. Don't just tell people the good news. Show them by giving grace or helping them experience peace. You never know whose winter might thaw when they meet the King through your words. And I'll see you next time on Discipology

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Mico Step 18: Invite & Bring

Peyton: Today's tactic is about spreading grace and peace.

First, let's make sure it's personal to you before you share it with anyone else.

Take a moment and reflect on your own life. Where do you see places that need the influence of God's kingdom—places that could use a little transformation, a little renewal, a little light breaking in? Maybe it's a relationship, a workplace, a neighborhood, or a conversation waiting to happen. Write those areas down and begin praying over them.

So this week, look for a way to give grace to someone who might not expect it. Offer forgiveness. Show kindness. Do something practical that helps someone experience peace.

Because when grace is given and peace is felt, people begin to see what the kingdom of God is really like—through you.

Step 19 | Disciples Learn to Share

Kris: Welcome back to Discipology friends. Today we talk about sharing the gospel. And that scares me. So before we start a challenge question when you're scared, would you rather hear God say, I got this or I got you? Yes, I know God's grammar is better than mine, but play along.

Option A God solves the problem for you. Option B the problem persists, but God sustains you through it. I got you. We'll come back to that. But first I want to explain what it is about gospel sharing that scares me. Yes, I realize it's literally my job, but hear me out.

Early in my faith, I deeply wanted to share the gospel. But when preachers explained how, it stressed me out. Start a conversation with a stranger. Steer it to Jesus, convict them of sin, explain the cross, resurrection, and salvation. If they disagree, win the argument. Then pray the prayer and Bob's your uncle.

And that idea scared me. I mean, who doesn't want to be convinced by a stranger that they're both wrong and guilty? I was willing to try, but it felt so forced. Transactional. Is that really it? And I know many Christians share my anxiety. Now, if that method works for you, amazing.

The problem is, in my culture, almost everyone is deeply skeptical of a stranger with an agenda. Also, the vast majority of Christians will not do that. Not ongoing. Even worse, when we tell Christians that's what gospel sharing is. Most decide, well, I guess I don't share the gospel.

But what if there's more to it? What if there are aspects to gospel sharing that fit your personality perfectly? So here's my question: what did Jesus do? Hold that and let's open with our anchor verse at Matthew 10:7. As you go proclaim this message, the kingdom of heaven has come near.

The context there is Jesus sending out the 12 with instructions on their first mission. And notice it's the same message he preached.

Kris: God's kingdom is near. The king came to us. Remember, the gospel is a person, not a formula. Jesus is here. So back to my challenge question. Would you rather God say, I got this or I got you? Let's say you're overwhelmed at the prospect of disciple making. Would you rather hear; don't worry, I'll do this for you. You're excused. Or stay in the game. I'm working through you. I got you.

Well. Trick question. You don't get that choice. But good news. Option B is your reality. Think about it. What's the final sentence of the Great Commission? It closes with I am with you to the end. That's not just encouragement. That is gospel. When you share the gospel, you're not offering a religious philosophy to solve their problems and answer all their questions. You're introducing them to Emmanuel, God with us. Yes, he will solve and answer some big issues like judgment. And sometimes he does say, I got this like salvation. He paid it all. Yet life still hurts. We still have a cross to bear.

But he is with you. And that really changes gospel sharing. First, Jesus is with me when I do. But also, gospel sharing is not an argument. It's not transactional. I'm not sharing my philosophy or formula. I'm introducing a person. I'm bringing the reality of his presence into their situation.

Now the heart of the gospel is sin and salvation. Cross and resurrection. But it also includes your hurting. I'm here for you and Jesus is with us. He's got you. That is good news. But maybe you think that's too easy. So let's test it by examining what Jesus did.

His conversations never feel forced or transactional, and people always knew he cared. So let's join the disciples and watch what Jesus modeled. John's gospel focuses most on Jesus conversations. So let's go there. In John 3, the great Pharisee, teacher Nicodemus, comes to Jesus to ask him questions. Jesus takes the conversation deeper because Nicodemus is seeking no force.

He talks about God's kingdom and being born again, because Nicodemus is set in his religious ways and needs a spiritual restart. It is true, for all but perfectly fit to him.

Kris: Pharisees emphasized God's rules, so Jesus counters with God's love. For God so loved the world that he gave his one and only son. Pharisees focused on God's judgment from afar. So Jesus counters again, For God did not send his son into the world to condemn the world, but to save the world through him. Notice the emphasis. Jesus was sent here and that changes things.

Next up is the woman at the well in John four. Jesus begins by asking for some water. When the woman finds it strange that a Jew has crossed cultural boundaries. Verse 10 says, Jesus answered, if you knew the gift of God and who was asking you for a drink, you would have asked him, and he would have given you living water.

Notice the key to the conversation is who? The reality that Jesus is here. He then grounds the conversation in her story, failed marriages and questions about worship, and he brings his presence into all of that. Notice how Jesus values people. God so loved the world. Jesus always cared for the last, least and lost.

John 5:8-9 tell the stories. The lame man, the adulterous woman, and the man born blind. For each one, his presence brought something new wholeness, forgiveness, sight, freedom. All of those are outworkings of the good news that Jesus came to us. Jesus even values sinners. In Matthew 9, Jesus says, follow me to a tax collector.

When he dines at Matthew's house with a whole slew of sinners. The religious leaders are shocked and his response? It is not the healthy who need a doctor, but the sick. For I have not come to call the righteous, but sinners. Notice again that the key is the reality that Jesus came for us. And what that means for each person in their situation. The gospel for them. Peyton calls it gospel agility. So that's what Jesus modeled.

Now what did he teach? Jesus uses each encounter with strangers as a teaching opportunity with the disciples. He follows up. Now, a question: which part of the action do you think is the real disciple making the miracles or the conversations after? Do miracles make disciples? Recall the ten healed lepers.

Kris: Only one came back, and among the 12 disciples, not one was healed by miracle. Miracles did not make disciples, but they did lead to disciple making conversations. And Jesus major turning point conversations didn't happen until trust and relationship were well established. Who do you say that I am in Mark 9. I am the resurrection and the life. In John 1. Those gospel truths were arrived at when the disciples were ready. Now I still fumble with this, but here are a few anchors I've learned.

Number one, I can bring the reality of Jesus presence into every situation. He promised to be with me always, so I bring him. Number two, I value people. I find ways to demonstrate that I really care and they really matter. I make it clear that my only agenda is their good.

It is not my agenda to make the sale on salvation or to convince them that my view is right. They're good And number three, I speak the truth of what the gospel means in their situation. Jesus always seemed to fit the gospel to the person, not modifying truth, but applying personally. If a friend is wrestling with guilt, I share where I found forgiveness.

If they're walking through death's valley, I talk about Jesus resurrection and my hope beyond. If it's anxiety, I share my own struggles and where I find peace. Now, those are not shallow conversations. That's why valuing them without agenda is crucial. They won't talk deep until you earn that trust. And for me, all of those come back to the reality of Jesus with me.

Peyton calls it Emmanuel theology. God with us changes everything. Listen, Jesus saved my life. That's not a philosophy I'm trying out. It's my active reality. He's here. And that drives me. And one more key. Keep the conversations tethered to core gospel anchors.

In first Corinthians 15, Paul says, I want to remind you of the gospel, and he summarizes it like this, that Christ died for our sins according to the scriptures, that he was buried, that he was raised on the third day according to the scriptures, and that he appeared. Anchor there because they haven't fully heard the gospel until they hear of Jesus death and resurrection and our sin and forgiveness.

Kris: Don't skip the big stuff, but also don't force them into every conversation. And notice the phrase according to the scriptures. The very best, surefire, most effective way to make sure they get the whole gospel is to invite them to read one and join them on the journey like a book club in the Bible.

If they say yes. The whole dynamic changes instead of your philosophy against theirs. You simply follow Jesus together in the word, and you both experience each gospel truth in full context.

Because transforming a life takes more than a formula or philosophy. It takes a journey with Jesus. See, Jesus didn't skip to the punchline. He said, come and see. And they invited friends. So that's what we do.

Follow Jesus by reading a gospel and bring someone with you. The entire book of John is the gospel. So are Matthew, Mark, and Luke. So invite someone to read it and let Jesus speak for himself. Let your friend engage with Jesus directly through His Word.

You'll be amazed how gospel elements come up at just the right time without forcing the conversation. And you'll have through the word to guide you both so that you can focus on relationship and bringing Jesus into it.

Now, today's microstep is a fun one. Choose a fictional character and think through how you would share the gospel with them. Write in a journal or share with your two. Choose anyone from Katniss to Anakin to Elizabeth Bennet. Think about their struggle. Assume that you're a friend. Then consider how you would speak their value and translate God's grace and Jesus' sacrifice into their life.

I know it's a little silly, but practice develops skill, and making it fun makes it more natural. So have fun with it. Remember, he's got you and he's got this too. He already equipped you to share the gospel just the way he wants you to. And I'll see you next time.

Mico Step 19: Share the Gospel with a Character

Kris: Well my friends, you can thank Peyton for a fun one. Today's tactic: Choose a fictional character, and think through *how you would share the gospel* with them. Write in a journal and share with your two.

Choose someone you relate to or just a character you like—from Iron Man to Avatar to Sherlock. Think about their struggle, assume you're a friend, then consider how you would speak *their value*, and translate God's grace and Jesus' sacrifice into their life. *Practice* develops *skill*, and making it fun makes it more *natural*. So enjoy. And we'll see you next time.

Step 20 | Disciples Learn Their Story

Peyton: Welcome back to Discipology. Today we're talking about one of the most powerful tools you have as a disciple maker. Your story. Today's anchor verse is found in John 4:39. Many of the Samaritans from that town believed in him because of the woman's testimony. He told me everything I ever did.

Jesus sat on a well and talked with that Samaritan woman about salvation. But the disciples witnessed the Samaritan woman return to her village and lead her entire community to him. Her story was used to bring others to Jesus. But that wasn't the only time. Far from it. The gospel writers would tell their own stories of encountering Jesus and include a handful of other people's stories. Each one would bring people hope.

I wonder if in the second year it was becoming obvious to the disciples, Jesus was collecting stories of transformed lives. Years later, Jesus told his disciples, you'll be my witnesses. Notice he doesn't say evangelists. We may not all be natural born evangelists, but we can all be witnesses. A witness means someone who is there. Someone who saw or witnessed something, heard something, and can now say something. That's what we're called to do.

A witness to Jesus of what you've seen and heard. And we call that your testimony. But let me give you a disclaimer. The Bible never hands us a cookie cutter script for sharing the gospel. There's no insert testimony here. Prompt.

Instead, Scripture gives us a messy, beautiful mosaic of real conversations. Jesus meeting the woman at the well. Nicodemus under the cloak of night. Zacchaeus in a tree. Paul on a road. Human stories about head on collisions with divine grace. People whose lives were once a train wreck becoming a grace wreck.

The simple reality is when you share your story, the gospel becomes the gospel according to you. And you may not think your story is very impressive. Maybe you think it's too normal or too quiet.

Peyton: But in a world where people question everything, your story is one of the few things they can't easily argue with. Sure, they can poke holes in your reasoning, roll their eyes at your worldview, and dismiss your opinions, but it's hard to dismiss an encounter. That's why your story matters in our culture.

People may not believe in truth anymore, but they still believe in experience. And there's nothing harder to argue with than someone who's been transformed. That's why C.S. Lewis, brilliant thinker, Oxford professor, expert, debater, finally decided to tell his story. He debated against prominent atheists for years, but came to the conclusion that where logic failed to convince, story could capture the heart.

So he sat down not to write another carefully crafted argument, but a memoir called *Surprised by Joy*. It was his testimony. And in it, Lewis writes of the cat and mouse game he played with God his entire life. Resisting God until Grace pursued him and backed him into a corner.

Lewis wrote, "you must picture me alone in that room, in Magdalen, night after night feeling whenever my mind lifted, even for a second from my work, the steady, unrelenting approach of him whom I so earnestly desire not to meet. What I feared most came upon me. I gave in and admitted that God was God, and knelt and prayed. Perhaps that night the most dejected and reluctant convert in all England."

Lewis's resistance finally collapsed, and that story, so relatable, has given millions hope who've wrestled themselves with surrendering to Jesus as Lord. So yeah, your story matters. Lewis was a lot like Paul, the greatest disciple maker outside of Jesus, who also understood the importance of a testimony. A theological genius, Paul could have crushed any opponent in debate, but when it came time to share Jesus, Paul didn't lead with arguments. He led with story.

The book of Acts records his conversion. Not once, not twice, but three times in Acts 9, Acts 22, and Acts 26. Three full tellings.

Peyton: In a time when parchment was expensive, the Holy Spirit still saw fit to make room for Paul's story over and over again. Why? Because a well-told story compares through walls no argument can reach. And what's fascinating is that Paul, this brilliant scholar, this walking theological encyclopedia, didn't lead with his intellect.

He led with his experience. He simply told what happened to him. And every time he told it, he adjusted how he told it, not because the truth changed, but because his audience did. He emphasized certain parts in the telling, depending on who was in front of him. And that's what we call gospel agility.

Holding tightly to the truth, but sharing it in a way that connects with the heart of whoever's in front of you. Let's look at how he did that. It'll help you learn how to powerfully share your story. First, in Acts nine, we get Luke's version, a straightforward narrative account of Paul's encounter on the Damascus Road.

No spin, no embellishment. Just the facts. This is what Paul was like. This is what happened. This is how he changed. That's a version you tell someone who's skeptical or analytical. The show me the evidence kind of person.

Think of it kind of like an ESPN highlight reel. This is what I was like. This is what happened. This is how I changed. And the power of that is that your transformed life is the proof that your story is true.

Then in Acts 22, Luke tells Paul's testimony a second time. He records Paul's words speaking to a crowd of religious Jews in Jerusalem. This is where Paul's gospel agility comes in. First, he starts with common ground. I was trained by Gamaliel, he says. I was zealous for the law. Translation I get you. I was one of you. He's building rapport, speaking their language.

The law is what they were passionate about. So far, so good. They're hanging on every single word, agreeing with Paul, feeling what he's saying deep in their souls. But then Paul pivots. I persecuted the followers of the way until I saw the light. He showing how the same zeal that they have once drove him to destroy the church he now serves.

Peyton: A story like this connects with someone by relating to them, relating to their struggles, their passions, but ultimately leads them to the shift that came when you encountered Jesus.

Finally, in acts 26, Luke records Paul standing before King Agrippa and the Roman governor Festus, two powerful, skeptical men. Agrippa was a lapsed Jew, Festus, a pagan Roman. So Paul leans into prophecy and reason. He makes his story about fulfillment and truth and leans into purpose. He frames his story inside of God's big story.

By the end, Festus thinks Paul's crazy. Agrippa is shaken but unwilling to surrender. When we leave that story, Festus and Agrippa salvation is hanging in the balance. Even when people didn't accept Jesus as Savior, Paul left them face to face with God as judge. That's gospel agility. Knowing how to adapt your story without ever changing the story itself.

Now let's pull the camera back from Paul and go back to the woman at the well for our anchor verse. Again John writes. Many believed because of her testimony. All she did was tell the people what Jesus did. She'd only known Jesus for five minutes, but her story was so powerful it brought her entire village to Jesus.

Do you know why? It wasn't really about her. It was about Jesus. All good testimonies are. So what about you? If someone asked, why do you follow Jesus? How would you tell your story? Could you share it in three minutes? Maybe even one.

You don't need a dramatic rock bottom testimony. Some rags to riches story. Sometimes the quiet stories are the most relatable the slow awakenings, the gradual grace, the gentle turning points that only make sense looking back. Your story doesn't have to sound spectacular to be powerful. It just has to be true. Because when people hear what Jesus has done in you, they start to wonder what he could do in them.

So let's get tactical. I'd like you to record a three minute voice memo answering, why do I follow Jesus? Don't script it or rehearse it.

Peyton: Just talk into the phone and listen back to it. Then try a two minute version. Finally, a one minute. You might be stunned at the things that jump out at you. When you listen back, you'll notice what moment shaped you, which parts are clear, which parts need sharpening, which emotions still rise to the surface.

And here's the beautiful thing your story isn't polished. It's alive. And even more exciting. It's not done yet silly. Jesus is still writing it. You may think your story is small, lame, and ordinary, but ordinary stories in the hands of an extraordinary savior have a way of changing the world. So don't hold it in.

Don't wait to tell it. And don't underestimate how God will use it. Your story matters because it points people to Jesus. Well, it's time to close the book, so I'll see you next time on Discipology

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Mico Step 20: Listen to your story.

Peyton: Today's tactic is simple: listen to your story.

Take a few minutes today and record yourself answering a question someone might ask you: *"Why do you follow Jesus?"* Do it in three ways—try a one-minute version, a two-minute version, and a three-minute version.

Don't script it. Just speak honestly from the heart.

Then play it back and listen. What sounded clear? What felt a little confusing or vague? What might you say differently next time? This isn't about being perfect—it's about becoming comfortable sharing what Jesus has done in your life.

And if you want to take it a step further this week, share your story with someone. One simple way to begin is by asking them a question first: *"What do you think the meaning of life is?"* Let them talk, really listen—and then share your story in three minutes or less.

Because here's the big idea: your story matters. Not because it's impressive, but because it points people to Jesus.

Step 21 | Disciples Learn About Conversations

Kris: Hello and welcome back to Discipology. We're closing out the teaching rhythm today with a lesson on how to deliver the perfect sermon. Just kidding. No sermons. This one is about conversations.

I joke because sometimes we think that lost person just needs to hear the perfect sermon. Now that can work. But what did Jesus do? This one brings together everything we've learned in the teaching rhythm into the one place where the rubber really meets the road. Every day, conversations. We have two anchor verses today and our first is Colossians 4:6. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

Grace is our starting place, and speaking grace means speaking better than they deserve. When Jesus talked with the disciples, he had this amazing way of speaking not just to the knuckleheads they were, but to the mature man or woman they would become. That's grace and people respond to it. Seasoned with salt means that your words should have flavor and preserve life. And knowing how to answer everyone means that you make it personal to them.

And anchor verse number two is 1Peter 3:15. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.

Now be careful with this one. It's often quoted in relation to apologetics, answering every challenge that comes against Christian doctrine. Now, I respect that practice when it's done graciously, but the context of this verse is suffering well, and being ready to explain why you still hope when life hits you hard. In my experience, that conversation is much more effective at disciple making.

I do love responding to those who challenge the logic of faith, but so often they are covering deeper questions about hurt. Yes, they're interested in why you believe, but they really want to know why you hope. So how does this all work practically? Well, just as we've given you micro-steps, your conversations should include micro gospels and micro stories.

Kris: Have you ever noticed that Jesus planted gospel seeds across many conversations for you? Sharing your story can be one long, powerful testimony. Awesome if you get the chance. Yet much more often it will be a micro story of how Jesus got you through a situation or the weak seed planting, not seed pelting.

A little tip: don't pretend. No airbrushed Christian life selfies. When God's been good to you; be grateful and humble. And when life's been rough on you, be open. People respect an honest sufferer and no monologues. Let them share their struggles to share your struggle and the reality of Jesus with you. He's got you and you know it. They want it, but it will take time for them to trust it.

So what did Jesus model for us? It's rather intriguing that so many of Jesus great statements were made in conversation. In fact, John's entire gospel is built around it. If John had a subtitle, it would be conversations with Jesus, Nicodemus, the woman at the well, the man born blind. And even more important than those, all the many conversations along the way with the disciples.

That's why time is the first rhythm. Time together makes room for deeper conversations. Now to what Jesus taught. A few key themes are clear in the way that Jesus spoke to and taught about people.

First, Jesus spoke value. Matthew 10. Don't be afraid. You are worth more than many sparrows. Matthew 6. Are you not much more valuable than they. Luke 15 has three parables lost coin, lost sheep, and lost son. All to illustrate the value God places on every person, not based on who they are now, but the person God called them to be. Jesus died for us while we were sinners.

Second, Jesus spoke to identity. Matthew 5, you are the salt of the earth, you are the light of the world. John 10, He calls his own sheep by name and leads them out.

Name is identity. And Jesus also changed disciples names to give them new identity, like Simon to Peter and Matthew to Levi.

Kris: Sometimes our key message is not if you believe in Jesus, but rather Jesus already believes in you. One of the critical statements in my own formation came from the man who baptized me and my wife. It was so simple. I think God has big plans for you guys. That stayed with me for decades.

Think about it. Kids form their identities by the reflection they see in the eyes of those who believe in them. And so do we. So ask God to give you eyes to see them as he sees them, and then the words to express it.

And third, Jesus spoke pride, not sinful pride, but a pure fatherly pride. Mark 5, daughter, your faith has healed you. Matthew 25, well done, good and faithful servant. Come and share your master's happiness.

In my experience, just about everyone longs to hear the pure and righteous pride of a good father expressed in a few simple words. I'm proud of you, kid. And the father wounds where those words have not been said, have left countless hearts longing to be healed. If you're a parent, take note. If you're called to heal the fatherless. Take action.

So here's what I do. I use all of it. Micro-stories micro gospel. I'm going to be honest, I'm actually not great at working the gospel in Peyton's way. Better. That's okay. I'm wired different, so I lean on my strengths.

I'm a dad. Dad. Conversations come easy. Value, identity, fatherly pride. That's like second nature. I call them VIP conversations. The acronym was a total accident, by the way, but the conversations work. Remember those rave outreaches? The whole team is old grandparents, so we don't fit in at all. But the moms give mom hugs and the dads tell dad jokes. And all those young adults who show up to sin encounter a love language they didn't even know they had.

There's a camp, so we serve pancakes and eat together. Moms provide sunblock and Band-Aids, encouragement and prayer, mom stuff. But the real transformation happens at tables and conversation. One mom told me about a mission trip she took to London, stopping people on a busy street to talk Jesus. Zero interest. But here. Non-stop gospel conversations.

Kris: Why? We serve like Jesus and our only agenda is their good. When conversation follows, there's trust and the amount of church hurt and father wounds that come pouring out when they feel safe is immense. And here's the thing. We're just being who God wired us to be. Moms and dads, your method should fit your personality. Introverts, I see you hiding. Listen, introverts often make the best disciple makers because they listen and care. My method is simple. I ask what they're into and I listen. Then VIP. I value their interests and work.

I speak identity by affirming God's image reflected in their gifts. And when I've earned trust and it fits a heartfelt I'm proud of you. Now, maybe you're not a dad, so lean on who you are, but value, identity and pride still feel pretty nice coming from a friend. And if they open up to confess sin, I speak forgiveness in Jesus. Jesus showed up for you here and he died for you while you were a sinner.

Remember that John the Baptist's message cleared the path for Jesus, and Luke 1 tells us how he turned the hearts of the fathers to the children and the disobedient to the wisdom of the just. Those still work fatherly and motherly love, with words of wisdom prepare hearts for Jesus. John also preached repentance and. Romans 2 says, God's kindness leads to repentance.

So speak kindness. Want to know my surefire gospel on ramp? Don't laugh. It's the hypocrites. Those kids have all seen, the Christians who spew anger and judgement haters in the name of love. So I'm kind first. Then I ask them what they think of the hypocrites, and I listen when they ask what makes us different? The conversation leads to grace and gospel every time. But isn't that what Jesus did? Or do you think that Jesus accidentally let the hypocrites follow him around and set up so many perfect gospel moments? Contrast is a powerful teacher.

So those are my go to's. Micro-stories, VIP, kindness, hypocrites and always bring it back to grace. So what are yours? What fits your personality? Oh, and one more. The magic question. Can I pray for you? It's so simple. But something happens when they hear you talk to God about them with genuine care and conviction. It stays with them. So are you ready for your big sermon?

Kris: Just kidding. It's just a conversation. Don't overthink it. Your micro step today is simple. Pick one method and try it out. If you like sharing stories, pick a micro story from your life and include the part where Jesus was with you. If you prefer listening, ask what they're into and respond with value, identity, and maybe even a little fatherly pride. Or do both. Keep it natural. Build relationship. Plant seeds. Ask the spirit for the right words. Keep practicing and find what's natural to you.

Remember, you're not trying to force a Jesus formula awkwardly into conversation. You're bringing Jesus presence in naturally. He's with you. And when that's done, pat yourself on the back. You finished the teaching rhythm. High five. Your two. I'm so proud of you guys. You know, I just got a feeling God has some good plans for you. And Peyton and I will see you in the tactics rhythm.

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Kris: What do you mean? I say that to everyone. Of course I'm proud of you. You're my favorite. I suppose now you're gonna say. I tell everyone they're my favorite. It's ridiculous. Now you just sound like my kids.

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Mico Step 21: Try a Conversation

Kris: Hey guys it's our *last* micro-step for the Teaching rhythm, and today we want you to pick one of the conversation methods you learned today—and try it out. If you like sharing stories, pick a micro-story from your life, and include the part where *Jesus was with you*. If you prefer *listening*, ask what they're into, and respond with *value*, *identity*, and maybe a little *supportive pride*. Or do both. Keep it natural—build relationship—plant seeds. Ask the Spirit for the right words, keep practicing, and find what's natural to you.

Remember—you're not trying to force a Jesus formula awkwardly into conversation—you're bringing Jesus' presence in *naturally*. *He's with you*. Share that reality. And I'll see you *next*—in the Tactics Rhythm!

Step 22 | Rhythm #3: Tactics

Peyton: Welcome back to Discipology. Congratulations. You have made it to the tactics rhythm. And this is where everything changes. It reminds me of a scene in “The Fellowship of the Ring,” where Samwise Gamgee pauses. Mid-step closes his eyes and lifts one foot off the ground.

Frodo turns around and asks, Sam, what are you doing? Sam says, Mr. Frodo, if I take one more step, it'll be the farthest from home I've ever been. That's both scary and exciting, but that's where we are now.

We've watched Jesus transform his disciples in the time rhythm, and we've watched him train them in the teaching rhythm. And now we step into the third and final year of his earthly ministry, when he tactically sent them, shifting his disciples from learning to doing. You, my friends, are at the same exact place. You're getting ready to be sent. You probably just don't know it yet.

Our anchor verse is found in Matthew 10 where Jesus sends out the 12. These 12 Jesus sent out with the following instructions. Do not go amongst the Gentiles or enter any town of the Samaritans. Go rather to the lost sheep of Israel. You know they gulped hard there. Go? Like now? Um, will there be any more demonstrations, Lord? Uh, any video tutorials? No. Okay, I'll just, uh, grab my two and off I go.

Kris: Then imagine that morning they woke up assuming it would be another day of watching, listening, following. But instead, Jesus gathered them together and the air felt heavy, like something was about to change. It's the start of year three, and the last year has been following Jesus on his mission listening, watching, soaking it all in.

They'd seen him heal diseases they didn't even have names for. They'd heard him speak with authority that no rabbi dared to claim. Everywhere they went, crowds pressed in. Sometimes it probably felt like they were just along for the ride. Not a bad gig. Spectators with front row seats to the greatest story ever told. But Jesus didn't call spectators.

Then one morning, Jesus called them together. His eyes scanned their faces. Ordinary fishermen, a tax collector, a zealot. Brothers. Friends. And then he said it. They were going out on mission. Out us? On our own? They probably half expected him to laugh, to say he was joking. But instead he started giving instructions like a commander briefing his soldiers.

Go to the lost sheep of Israel. As you go proclaim this message: the kingdom of heaven has come near. Heal the sick, raise the dead. Cleanse those who have leprosy. Drive out demons. Freely you have received. Freely give.

I can almost see the looks on their faces, wide eyed, stunned stomachs churning. Did he just say, raise the dead? And yet there was something steady in his voice. He told them not to pack a bag, not to carry money. Not even an extra shirt. Just go and trust God.

Peyton: Then Jesus began pairing them up. Matthew 10:2 actually lists them in groups of two. If you're ever curious to see who's with who. That may sound like Doctor Seuss, but he chose there, too. Just like he chose yours. Some waited around hoping to ask clarifying questions. Others shuffled off, whispering to each other, comparing notes, trying to process exactly what was happening. They couldn't explain it, but as terrifying as it sounded, some of them felt a strange courage rising in their chests.

I wonder if some thought to themselves, well, if he believed we could do it, maybe we can. You've been training through the last 14 steps, and now the next seven steps will be like a runway initiating you into the tactical rhythm before you learn to fly.

Think of the next seven steps as practice missions. Nothing overwhelming, just small stretches to get your feet wet. To give you the feel of what it means to make disciples in real time. And Jesus didn't hand his disciples the whole world on day one. He gave them short term assignments that built confidence, independence, and he'll do the same with you. And it may surprise you to know that until Jesus sent them out, they'd never done a single miracle before. Ever. That's why when they came back, they were ecstatic. Lord, the demons listen. People were healed.

Jesus would send them one more time at the end of the year, just like he did at the beginning, but with more people. 70 and they'd cover more ground, but in between. That's when the disciples did all their supernatural stuff. Like when they passed out bread and fish that multiplied in their fingers. It's also when Peter took a few trembling steps on water and on the Mount of Transfiguration, where they glimpsed Jesus and unveiled glory. This was when they shifted from spectators in the stands and got in the game.

Kris: Now remember, tactics are actions with purpose. Jesus had a game plan. God was already at work ahead of them, and he's at work ahead of you, too. And here's the thing. None of them felt ready. Nobody ever does. Not really. I still get that nervous energy just listening to Peyton talk about it.

We get nervous because we feel like we still don't know the how, because nobody showed us. But Jesus knew that the only way to really learn disciple making was to do it. Aristotle said it plainly for the things we have to learn before we can do them, we learn by doing them. In other words, you can read and read and read the instructions to screw in a light bulb, forever worried that the bulb won't light up, but at some point you just got to screw in the light bulb.

Then watch the magic when the Holy Spirit flips the switch. And I'll bet there's a part of you that's excited to finally get in the game. There's a great line in Lewis Carroll's "Alice in Wonderland" where the Gryphon says, "no, no, the adventure's first. explanations take such a dreadful time."

Now, Jesus did provide some explanation. He didn't throw his disciples into the deep end and yell, good luck! And his short instructions were actually quite useful, with great principles for us to learn. They're captured in Matthew 10, and our next seven steps will follow exactly what Jesus taught there before he sent out the 12. They're pretty life changing principles. Once you learn them. And you'll fall back on them repeatedly as you make disciples.

So here's a sneak peek. Disciples are sent as witnesses, simply sharing what they've seen in their own lives. Disciples are sent with the word because God's Word has power. Disciples are sent with expectation. God will show up. Disciples are sent with dependence. This is God's mission. Lean on him.

Disciples are sent with patience. Change takes time. Disciples are sent with grit. There will be trials and God will get you through. Disciples are sent with love because God loves them so much. You are on the verge of stepping out with your two to disciple your who.

So think of these next seven steps as your set of instructions from Jesus, your own. Matthew 10 to prepare you for stepping out into the greatest adventure of your life. So before you get to today's microstep, I'd like to pray for you before you head out.

Lord, we thank you for the mission you've called us to. Lord, I pray for this, your servant and for the partner you've paired them up with. Send them out together. Send them with power. Equip them, guide them. Go with them on the journey. Let them find incredible "aha" moments to discover that you have been there ahead of them already. Lord set in their hearts a love deep in their heart to see the one that you have called them to reach. To love them with your love. To guide them with your word. So Lord, please send them out with humility and with hope. And go change the world with them. Lord, I lift them up to you. In Jesus name, Amen.

Peyton: So let's get tactical. We'd like you to reach out to your who again set up time together. It might be the second or even third time you've hung out, but that's good. Trust grows through spending time together.

Soon you're going to be operating in all three rhythms. So don't overthink the activity. Grab coffee. Do something simple. The point isn't the activity, it's presence. As you spend time together, consider taking what you learn from your last seven steps. The teaching part. Let your life speak. Share a small story. Listen well. Stay attentive to what the Holy Spirit is already doing behind the scenes.

If this were a video game, doing all those things would be a combo move. And trust me, you'll be leveling up the whole time and you'll be just as amazed that the Holy Spirit is using you as the apostles were when they came back. So excited. Because that's the pattern setting out. Fearful and apprehensive at the beginning of the journey, but returning dazed and amazed.

We can't wait for you to experience it. But remember, there's no agenda. You may just hang out with them. The door may not open for you to share, and that's okay. That opportunity will come. Keep waiting on God and keep listening to the Holy Spirit. We'll see you next time on Discipology.

Mico Step 22: Apply What You've Learned

Kris: It's our first micro-tactic—in the *tactics* rhythm. And guess what—you've been tactics all along! Sneaky. Well today we want you to reach out to your who again. Set up time together. It might be the second or third time you've hung out — and that's good.

Trust grows through time spent together. Soon, you're going to be operating in all three rhythms, so don't overthink the activity. Grab coffee or do something simple. The point isn't the activity — it's presence.

As you spend time together, consider taking what you learned from your last seven steps—the teaching rhythm. Look over your notes and pray through them. Let your life speak. Share a small story. Ask about their life and listen well. Stay attentive to what the Holy Spirit is already doing in their life and lean in on that. Have fun. Be yourself. And we'll see you next time.

Step 23 | Disciples Are Sent with the Word

Kris: Welcome back to Discipology my friends. Today, disciples are sent with God's word, the Bible. Now, I know some of you still think I'm going to drop the bomb and tell you it's time to do something way out of your comfort zone.

You're like Samwise Gamgee caught eavesdropping. "Please, Mr. Gandalf, sir, don't turn me into anything unnatural." Allow me to alleviate your fears. Our intention in every step is for you to act naturally. Be yourself. Introverts. Stay with me.

Now you will have supernatural help. But that's God's part. You can just be you. A jar of clay. But think of this. What if somewhere in your who conversations, Jesus showed up like fully present and speaking. How amazing would that be? But then, isn't that what the Bible is? Less wow factor maybe, but still, it's God's word.

Haven't you ever experienced God speaking through His word. And don't you believe that he might do that for them too? So let's open with our anchor verse at second Timothy 3:16. All Scripture is God breathed and is useful for teaching, rebuking, correcting, and training in righteousness so that the servant of God may be thoroughly equipped for every good work.

That one is worth memorizing. We'll come back to it. But first I want to notice the words useful and equipped. Remember that tactics are actions with purpose. In this rhythm, you get equipped for action like James Bond getting the latest gadgets from Q that begins with God's Word back in 2 Timothy. It is useful for teaching, rebuking, correcting, and training in righteousness.

Those are all key parts of making disciples teach you what's true. Check you when you get it wrong. Correct you back on track and train you up to live right with God. Teachers like me teach. Then you make it personal and we both use the word and the result back in verse 16, so that the servant of God may be thoroughly equipped for every good work. The word equips you, and we'll use it to equip them. But what about the part that said God breathed? We'll come back to that.

Kris: First, let's see the word in action. Remember, it's God breathed and useful. Our story is in acts eight, one of my favorites. It begins on a dusty road winding south from Jerusalem. There we find a Christian disciple named Philip because the Lord wanted him there. And here in verse 27, on his way, he met an Ethiopian eunuch, an important official in charge of all the treasury of the Ethiopian queen.

This man had gone to Jerusalem to worship, and on his way home was sitting in his chariot reading the book of Isaiah the prophet. So the man is already reading Scripture, and Philip asks a simple question: do you understand what you are reading? How can I, he said, unless someone explains it to me. So he invited Philip to come up and sit with him. Philip does, and the two have a conversation about the very chapter the man was reading, which just happens to be a perfect gospel setup. And with just a little explanation, the man believes and gets baptized.

Amazing. So what did Philip do? Now every story is different, but there are some great takeaways. First, notice the teamwork Philip made himself available, but the Holy Spirit set up the opportunity. Second, the Ethiopian was already interested. No forced conversation.

Now, this may surprise you, but a strong majority of people around you are already Bible curious. Here in America, more than two out of three want to read the Bible, including skeptics. Two reasons they don't, no time and they don't understand. Just like the Ethiopian.

And that's where you and I come in. Third, the word did the work. God's word is powerful, so let it work. In Luke 8, Jesus says that God's Word is a seed. A gardener doesn't have to empower the seed or explain to the soil how it works. Just plant it. God makes it grow.

Isaiah 55:11 so is my word that goes out from my mouth. It will not return to me empty, but will accomplish what I desire.

Fourth, a little explanation unlocks a lot of power. A gardener can't make the seed grow, but he can clear rocks and loosen dirt.

Kris: Think of Bible confusion as one of those rocks. Remove it so the seed can sprout. So how does that little seed work? How can a collection of words bring life out of dead dirt? Think back to 2 Timothy 3. All Scripture is God breathed. Now think back to Genesis two. When God made the first human from raw dirt, he wasn't alive until God breathed into his nostrils the breath of life.

Food brings life to your body because it's made from the same dirt. God's word brings life to your spirit because it comes from the same breath of God. It is living and active. So clear the rocks, plant the seed and let it grow.

Now let's get specific so you know what not to do and what to do. First, don't force it. Don't awkwardly work in Bible verses where they don't fit. "Hey, speaking of football teams, did you know that Daniel had a prophetic vision of a lion and a bear representing ancient Babylon and Persia?" Uh. Hey yeah.

Second, don't hand out Bible verses like they're magic prescriptions. You have anxiety. Philippians 4:6. Boom. Next. Don't flex Bible verses. Quick fixes, and "know it alls" both trigger defensiveness. Not helpful.

Now for the do's, and it comes down to ask, care and share. Do ask first, start by asking what they think about the Bible. Respect their experience, curiosity, or confusion and start there. Listen to acts 8:35. Then Philip began with this very scripture and told him the good news about Jesus.

So ask and start where they are. Do care about them, listen to their struggles and sympathize. Feel. Don't fix. Do share your struggle humbly. You could say I deal with anxiety too. This verse really helps me. Don't push them. Just share you. And do share the journey. This is the game changer and it's going to be an essential disciple making pathway. Invite them to read through a Bible book and offer to join them.

Guys, I cannot overstate how simple and effective this is. And through the word is literally made for it. So do those four, ask care, share the struggle and share the journey. Genuine care and humility earn trust and the shared journey changes the dynamic from your words against theirs to exploring Jesus words together. It worked for Philip. It works today.

Kris: Some time ago, a woman strolled over to our outdoor service in the park. She was pretty disconnected from church, but a woman from our church mentioned through the word. Five minute conversation. A month later, she was back with a story. She had started to listen at her desk. 15 minutes before work, one office mate overheard and joined, then another thought it was a book club. Suddenly she's leading Bible time daily with unchurched friends. Zero planning.

Stories like that happen all the time. It's why we made the app. But it's not about the app. It's just like Philip's story. We're using technology to multiply the process, but the power is still the Word of God and the Spirit of God.

Now today's micro is a two step. Make a plan and start a conversation. First, you and your two get together to make a plan. Our primary strategy ahead will be you and your two will plan a journey together through John's Gospel with through the word and invite your who to join you. That's the big plan. Right now, it's time for the two of you to plan the details to work for you. So here's the plan breakdown with the basic questions.

Who? You two and your who. But also be ready for more to join. Or if they're not interested and God redirects to someone else. Be flexible.

What? A journey together through the Gospel of John. Like a book club

Where? On through the word. If you're already using through the word together, it'll work just like this. If not, get familiar now.

When? The start date and pacing are important. So plan together and be flexible to the group needs.

And how? As in, how do you get started? That brings us to Micro Step part two. Get the conversation started with your who. Start simple. Ask what they think of the Bible and see where the conversation goes. No agenda. Just ask and see. Listen to their experience and share yours. Alternately, if they open up about a struggle, share a verse that helped you and see where that goes. Ask the spirit to lead and roll with it.

Now things could move slow or fast. If they're curious, just ask them. “Hey, the two of us are going to read through John together using this app we found. It's like a book club. Want to join?” No pressure. Just cast it out there.

If they're ready to start, set the plan. Or just cast the idea and come back to it later. So—make your plan, then try the conversation. And don't forget—pray, pursue, and don't be surprised when the Spirit is already ahead of you.

And I'll see you on the journey.

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Mico Step 23: The Two Step

Kris: Hey guys, as promised today's micro is a two-step: make a plan and start a conversation. This one is *big* but it's still simple. First you and your Two get *together* to *make a plan*. Our primary strategy ahead will be—you and your two will plan a journey together through John's gospel—with *Through the Word*—and invite your Who to join you. That's the *big* plan. Right now, it's time for the two of you to plan the details to work for *you*.

So here's the plan breakdown with the basic questions:

Who? You two and your who. But also be ready for more to join—or if they're not interested and God redirects to someone else. Be flexible.

What? A journey together through the gospel of John—like a book club.

Where? On Through the Word. If you're already using TTW Together, it'll work just like this. If not, get familiar now.

When? The start date and pacing are important, so plan together, and be flexible to the group needs.

And how—as in how do you get started? That brings us to micro-step part two: Get the conversation started with your who.

Start simple: Ask what they think of the Bible, and see where the conversation goes. No agenda—just ask and see.

Listen to their experience, and share yours. Alternately, if they open up about a struggle, share a verse that helped you, and see where *that* goes. Ask the Spirit to lead, and roll with it.

Now things could move slow—or *fast*. If they're curious, just ask 'em: "*Hey the two of us are gonna read through John together using this app we found. It's like a book club. Wanna join?*"

No pressure, just cast it out there. If they're ready to start, set the plan. Or just cast the idea and come back to it later.

So—make your plan, then try the conversation. And don't forget—pray, pursue, and don't be surprised when the Spirit is already ahead of you.

Step 24 | Disciples Are Sent with Expectation

Peyton: Welcome back to Discipology. Payton here for step 24. Our topic today is expectancy. Our anchor verse is John 1:50. Jesus said, you believe because I told you, I saw you under the fig tree. You'll see greater things than that.

We're now in step three of the tactical rhythm - learning what it means to be sent. At this point in the journey for disciple makers, something starts to shift. You've been learning. You've been listening. You've been walking with others, but now you're starting to see God move.

You're realizing disciple making isn't just about principles, it's about presence. And Jesus promised, if we make disciples, He'd give us His presence. He'd be with us till the end of the age. When you go, God turns up. And if you haven't seen it yet, just wait, because you will.

This step is titled "Disciples are Sent with Expectation." An expectation is exactly what excited Nathaniel. In John chapter one, Nathaniel's story begins under a fig tree. When his friend Philip came and dragged him from under the shade, saying, we found the Messiah. As he followed Philip, Nathaniel could see a group of people huddled around a man in his early 30's.

As Nathaniel approached the group, Jesus looked right at him and said, here is an Israelite in whom there is no deceit. How do you know me? Nathaniel asked. Jesus said, I saw you while you were still under the fig tree. Nathaniel froze. He hadn't told anyone about that moment.

Now, that might not sound like much, but for Nathaniel, it was everything. That fig tree was Nathaniel's quiet spot where he went to think, pray, wrestle with God. That's how Philip knew to find him under its shade. That morning Nathaniel had been laying there thinking about Jacob, Abraham's grandson in the book of Genesis, praying, questioning, wrestling, wondering if Grace was really for him.

Peyton: Nathaniel had grown up hearing stories about Jacob, the schemer who wrestled with God, yet somehow still received his blessing. And God changed Jacob's name, meaning deceiver, to Israel. Which means he who wrestles with God. That morning, Nathaniel thought to himself, if there was hope for Jacob, maybe there's hope for me.

That's why Jesus's words struck like lightning. An Israelite in whom there is no guile. It was a play on words between the two names. He who wrestles an Israelite in whom there is no guile. Jacob, he was saying, you're an Israel, not a Jacob. And I see your heart, Nathaniel. I see who you want to be. Jesus wasn't describing Nathaniel as he was.

He was declaring who Nathaniel could become, just like God renamed Jacob Israel. Jesus was calling Nathaniel into a new identity. How do you know me? In the moment that Jesus said, I saw you while you were still under the fig tree. Everything clicked. Jesus didn't see Nathaniel physically. It was like he knew him. He had seen the private wrestlings, the questions, the longings.

Nathaniel's skepticism, clearly present when Philip came to get him. Can anything good come from Nazareth? Now that skepticism melted. Rabbi, you are the Son of God. You are the King of Israel. Jesus smiled and said, you believe because I told you I saw you under the fig tree? You'll see greater things than that.

In other words. Oh, Nathaniel, you ain't seen nothing yet. Jesus could have responded with anything, but he wanted Nathaniel to be expectant.

Expectancy is important for disciple makers. It means that we expect God to turn up and work when we head out on mission. And two years later, when Jesus sent out the 12 on their first mission journey. He would send them with that same expectancy. And Matthew ten, he sends them with these instructions.

Heal the sick, raise the dead. Cleanse those who have leprosy. Drive out demons freely you have received, freely give. Imagine hearing that as his disciples. You've never done anything like that before.

Peyton: You've just spent a year watching Jesus do, well, everything. But now Jesus just throws it out there like it's really going to happen. Heal the sick. Raise the dead. Like it's nothing.

I can almost guarantee. The disciples didn't feel expectant at that moment. Probably no more than you do. But this is part of the joy of seeing people step out in Discipology. Jesus is sending you with the expectation you don't have yet. Because when the disciples came back from that trip, they were amazed.

Even the demons listened to us! They told Jesus people were healed. You can almost hear Jesus Chuckling - Yeah I told you that would happen.

If it were me I would have said yeah duh. And we read their surprise and think come on guys. Jesus told you like you should have expected that. But we do the same thing, don't we? We pray for God to move, and when he does, we're shocked. We're afraid he won't show up and then stunned when he actually does.

Welcome to disciple making. It's the school of Holy Surprises. And for you, class is about to start. Because when you go on mission with Jesus, you can expect him to show up. I've seen it happen time and time again. Healing, breakthrough, divine timing, moments of clarity that can't be explained in any other way. And no, they're not everyday occurrences. They weren't constant in acts either.

But when you start moving into the places where God's already working the front lines of disciple, making things start to look a little bit more like the book of acts. Heal the sick, raise the dead. Cleanse those who have leprosy. Drive out demons. That must have sounded terrifying. No money, no supplies, no backup plan. And now miracle assignments. But what Jesus was really saying was- Boys, go expectant. If I'm sending you. I'm supplying you.

And at the end of the Gospels, when he ascends to heaven, sending them out fully and finally he adds to the promise, saying, I will be with you. That means you're not alone.

Peyton: Your first time going out on mission is like getting behind the wheel and looking over to see Jesus already sitting in the passenger seat with a wink. Where are we going, partner? Our expectation comes from knowing who's riding shotgun with us, and he promised to do all the heavy lifting.

So as we pull out in obedience and put our foot down on the pedal, pulling out of the same old, same old onto the highway of adventure, Jesus repeats what he said to Philip, you ain't seen nothing yet.

And that brings us to a micro step. But first. Remember back when you started the habit of praying for who before texting or calling them? Well, today we want you to add to that prayer.

Pray for the Spirit's power and presence as promised in the Great Commission. I will be with you. That's fuel for expectancy. Your prayer could sound something like, Jesus, I already expect you to be here, to be here before me. Help me notice what you're doing and put me in the slipstream of what your spirit wants to do.

And then look around for signs of his presence. Be expected that God will work. Remember, disciples are sent with expectation. So when you go, expect the spirit to show up. And I'll see you next time on Discipology.

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Mico Step 24: Walk In Expectancy

Peyton: Earlier in this journey, you started the habit of praying for your *who* before reaching out to them. Now we're adding another step: begin praying for yourself before you step into a conversation.

Before a meeting, a phone call, or even a simple coffee, pause and pray. Ask for the presence and power of the Holy Spirit—just like Jesus promised in the Great Commission when He said, *"I will be with you."*

You might pray something simple like this:

"Jesus, I expect you to already be here. Help me notice what you're doing."

Then step into the conversation with your eyes open. Pay attention. Look for signs of His presence—moments of openness, unexpected questions, or opportunities that seem to appear out of nowhere.

Because here's the big idea: when we go, we don't go alone. We go expecting the Spirit to show up and empower us.

Step 25 | Disciples Are Sent with Dependence

Peyton: Welcome back to Discipology. You made it to step four. In the tactics rhythm disciples are sent with dependence. If this were a language app, you'd be on a streak right now unlocking badges, earning streak points. Check you out. Maybe there even be a little cartoon disciple making out to cheer you on.

But what we're building here isn't a streak. It's a rhythm of dependence. Because disciple making doesn't run on streaks, stats, or strength. It runs on trust. When Jesus sent out the 12, he told them, don't take any gold or silver or copper with you. No bag, no spare shirt, no sandals, no staff. Jesus wasn't giving bad packing advice. He was training them to rely on God.

An important trait whenever we're on mission. But it's not our natural reflex. We've been conditioned to rely on ourselves, solve our own problems. So when Jesus sends them out without extra provisions, he's stripping away their backup plans. He's torching the lifeboats.

No safety nets of emergency funds or spare tunics. Jesus entire set of instructions in Matthew 10, weren't about how to preach, but how to trust. He was teaching them dependence like a parent getting them out of the house so they can grow up.

Do you remember when you first left home that feeling of freedom mixed with fear? What if I screw up? What if I can't do this? The disciples felt the same feelings. But when we left home, our parents were hoping we gained independence.

But here, Jesus wants them to master dependence. Dependence on the Holy Spirit. Think about it. Whenever we're too big for our britches, God suddenly removes our backup plans not to punish us, but to force us to rely on him. So when the disciples would get disoriented on their mission or their resources ran low, they weren't failing. They were being forged. By the way, I ended up as an overseas missionary to Wales for 12 years of my life. But do you know what prepped me for it first?

Peyton: At 19 years old, I packed some saddle bags, threw them over a bike, and cycled for six weeks through the length and breadth of Wales. I pedaled through rain, valleys, mountains and coastline, going from guest house to hostel, sleeping under the stars and surviving on what I could carry alone.

Each and every encounter with someone, was like a lifeline on mission. And God always brought the right people at the right time. I wouldn't be who I was if not for that mini mission trip that taught me to rely on God, trusting him with everything I had, everything I was.

And you don't have to board a plane to make this happen in your life. You just have to be willing to go from reading about dependence in Matthew 10 to living it. In 1859, tightrope walker Charles Blondin crossed Niagara Falls on a rope hundreds of feet above the water, sometimes blindfolded, sometimes on stilts. Once even pushing a wheelbarrow.

After one successful crossing, he turned the crowd and asked if they really believed he could do it again. They cheered wildly and then he replied, if any of you really believe, can I get a volunteer for someone who's willing to get in the wheelbarrow? The chair stopped. Admiration is easy, but trust means getting in.

Maybe it's time that you got in the wheelbarrow. And maybe you're like the disciples, advancing in halting steps with trembling hands, shaking knees. You're trying to obey, but you're scared.

John Wayne defined courage like this. Courage is being scared to death and saddling up anyways.

You might be surprised to know that being scared actually puts you in really good company. All missionaries are scared, including me and even the Apostle Paul. Oh, you didn't know he got scared? The same Paul who faced emperors, mobs, prisons and shipwrecks still wrote home, asking people to pray for courage.

Peyton: In Ephesians 6, he said, “pray for me that I may declare the gospel fearlessly, as I should.” In Colossians 4, he says, “pray for us too, that God may open a door for a message, so that we may proclaim the mystery of Christ for which I am in chains. Pray that I may proclaim it boldly as I should.”

You don't ask for prayer for boldness if fear isn't a factor. Paul frequently wrote about weakness, fear, and trembling, but total dependence on the Holy Spirit. Listen to what he writes to the Corinthians.

“When I was with you, I came in weakness, fear, and trembling. My message was not with wise and persuasive words, but with a demonstration of the Spirit's power.”

Here's the twist that dependence on the Holy Spirit became the very doorway to power that Paul experienced. That's how this works. Dependence isn't weakness. It's where God's strength enters your life. That's why Paul was able to say, when I am weak, I am strong.

The world says, stand on your own two feet. Jesus says, abide in me. Apart from me you can do nothing. And the early church understood this. When the threats came, they didn't panic in the book of Acts. But in Acts 4, after being beaten, the apostles were commanded not to speak about Jesus anymore. So they prayed, Lord, consider their threats and enable your servants to speak your word with great boldness. And then the place shook.

They were filled with the Holy Spirit and spoke the Word of God boldly. Their fear became fuel for faith. You see, fear isn't a signal for you to stop. It's a reminder to lean harder on the spirit. The scariest things I've ever done have always borne the most fruit. Like planting a church in a Starbucks in the UK or rocking an open mic in a gay coffee house in Long Beach.

And in the moments leading up to it, I was in agony, afraid, wondering why I ever thought these things were a good idea. Fear and trembling. And I've learned, unless my mouth tastes the metallic tang of fear, I'm probably not putting myself in a place where I actually need to rely on God.

Peyton: I've also found that those fears are most easily faced if we name them. I think most of our fears fall into three categories: fear of the unknown, the fear of inadequacy, and the fear of rejection.

Knowing them will help you face them a lot easier and take them to God. Let's talk about fear of the unknown. The answer is just show up. Take the next step and watch God work. We're on a need to know basis, and God doesn't always show us his cards. He likes to surprise us and it may disorient you if you think God should ask you to approve his plans. But that would remove the element of surprise. And if you've been paying attention to the the Gospels. You know, Jesus loves to surprise his disciples.

Fear of inadequacy. Don't feel ready. Good. You're in the same knee knockers club as Abraham, Moses, Gideon, David, Isaiah, Jeremiah, Peter, and Paul. Remember, God doesn't call the qualified. He qualifies the called.

Fear of rejection. Expect it. Even Jesus was rejected. But rejection doesn't mean you failed. It just means you stepped out a little bit.

So here's the good news. There's no wrong way to make disciples. Except not to. Dwight Moody, the famous evangelist, was once criticized for how he evangelized. He asked, oh, how do you do it? The critic responded, they didn't. Well, he said, I like my way of doing it better than your way of not doing it.

You see, we should never let fear of messing it up keep us from obedience. When Jesus sent the 12, he wasn't worried about them messing it up. He's not worried that you're going to either. Truth is, God would rather have your messy mission than your perfect excuse. And that's what Paul meant when he said, when I am weak, I am strong. God's power rests in that exact spot where fear meets faith.

So here's your tactic for this week. Step into the unknown. You know the quote famously attributed to Eleanor Roosevelt do one thing every day that scares you. Try it today. Do one small thing you've been avoiding because of fear. Start that conversation. Volunteer for that task. Reach out to that person.

Peyton: Because, my friends, fear is not failure. It's the moment just before faith. And you don't have to feel brave to obey. You just have to take the next step. Remember, disciples are sent with dependence. And I'll see you next time on Discipology.

Mico Step 25: Dependency

Peyton: Today's tactic is about dependency. The only way to step past the fear. Depending on a God who can do everything we can't, and handle anything we fear.

There's an anonymous saying that goes, "*Do one thing every day that scares you.*" And when it comes to following Jesus, that's often where growth begins.

So today, take one small step you've been avoiding because of fear. It doesn't have to be dramatic. Maybe it's initiating a conversation, volunteering for something you've been hesitant to do, or reaching out to someone who's been on your mind.

Just take the step.

And when you do, pause afterward and thank the Holy Spirit for being with you in that moment. Because the goal isn't to prove how brave you are—it's to learn how faithful God is when you step forward.

Here's the big idea: fear isn't a sign that you're failing. Often it's an invitation to lean harder on the Spirit. Because His power shows up most clearly in our weakness.

Step 26 | Disciples are Sent with Patience

Kris: Welcome back to our journey through Discipology. Today, in the tactics rhythm, one of the most important and most difficult tactics in the disciple makers playbook. Patience.

I know, I know. Why'd it have to be patience. The old Achilles heel. The simplest yet most elusive of the virtues. Also the title of one of my favorite power ballads. But have you ever noticed that the Gospels end with “go make disciples?” Immediately followed in Acts by “wait for the Holy Spirit.”

Why is patience so difficult and so effective? Something I've often wondered about Jesus with so much to accomplish. How was he not in a hurry? Patience. You must have my young padawan. You cannot rush something. You want to last forever.

So let's dive in with our anchor verse at Matthew 10:12. Once again, in that essential chapter of Jesus instructing the disciples for mission. As you enter the home, give it your greeting. If the home is deserving, let your peace rest on it. If it is not, let your peace return to you.

Now. Sharing the gospel in their culture meant entering a home in ours. It can be coffee, a call, or a walk, but whatever the setting Jesus tells us to enter with a greeting be friendly. In Hebrew, the greeting was Shalom, peace. When he says, if the home is deserving, that means if it's receptive. In other words, read the room and if they welcome it, let your peace rest on it.

That peace is the shalom that we learned in the teaching rhythm. Let it dwell there. Let it settle in like a seed in good soil. If they don't welcome it, let your peace return to you.

Don't force things. Shake the dust off your feet and keep moving. All of that requires patience. God's not in a hurry, so disciple makers aren't either. Paul wrote in 1 Corinthians 3, I planted the seed, Apollos watered it, but God has been making it grow.

Kris: Disciple making is gardening. It's biology, not chemistry. All the metaphors that Jesus uses for discipleship require patience. Farming, fishing, branches, seeds germinate slowly. Roots grow quietly in the dark. Think way back to Andrew bringing his brother Simon to Jesus. What did he do? Follow Jesus and bring someone with you.

If you can introduce people to Jesus and leave the results to God, you'll make plenty of disciples. That's what you'll be doing when you invite them to journey through John's Gospel. And consider Jesus' patience, he believed in people before anyone else did. He didn't demand immediate change. He ate with them, laughed with them, listened. He began with connection, not correction.

The soil of disciple making is relationship, not the most efficient soil, but the only one that lasts. Plants that sprout up too quickly often have weak root systems like weeds. If you want deep roots, be patient. So here are some dos and don'ts for disciple making patience.

Don'ts first: don't rush the process. Growth takes time. Don't skip to the end. Trust is built, not bought. But also don't make patience an excuse for inaction. Jesus said, go. Jesus said, wait. So discern which season you're in.

Now the do's. Do be patient, obviously, but let's get specific. Number one, be patient with the process. Galatians 6:9 and let us not grow weary of doing good, for in due season we will reap if we do not give up. Notice the season. Disciple making works like all living processes in seasons. Wisdom is patient.

Two, be patient with others. 1 Corinthians 13:4. Love is patient. People are messy. You'll show up and they'll bail. You'll share your heart and they won't get it. Keep loving. The disciples argued greatness, fell asleep on the job and abandoned him on trial. And Jesus still washed feet. Don't condone sin, but give grace time to work. When they forget their shepherd's voice, point them back to Jesus. Love them through the detour and keep showing up.

Kris: Three. Be patient with yourself, Philippians 3:12. “Not that I have already obtained this or am already made perfect, but I press on to make it my own because Christ Jesus has made me his own.”

Listen, if you feel underqualified, good qualification. Number one is humility. Nobody needs your highlight reel. They need your real life. Polished Christians don't make disciples. Honest ones do. People want to know if Jesus helps real people when life goes sideways.

So let them see your flaws, your questions, your wrestling. Show them the scars and the grace that healed them. Jesus showed his wounds. You can show yours in your weakness. God is strong and they will see it. Remember, you're the guide, not the destination. You are both works in progress. Whether they screw up or you do keep bringing it back to Jesus. Let his words become their ground. Let his presence become their air. In the end, only that will change them.

Four. Be patient with God. This one might just be the most important. Isaiah 40:31. “But they who wait for the Lord shall renew their strength. They shall mount up with wings like eagles. They shall run and not be weary. They shall walk and not faint.”

Interesting. That word wait is the same word for hope, and something about directing your hope to God. And waiting there gives you new strength and wings. Those wings are trust and you'll need them when the wind returns. Our Savior is never late. He arrives precisely when he means to.

So let's review those four and see if you can spot the value of patience. Patience with life is wisdom. Patience with others is love. Patience with yourself is humility. Patience with God is trust.

That's a whole lot of value in one little virtue. So how do you get patience? Remember from Galatians five that patience is a fruit of the spirit. That means it comes out naturally like fruit when you let the Holy Spirit work through you. Pray for it and let the spirit fill you. Does it work in real life?

Kris: A woman wrote in just last week, married for years but 30 years removed from church. Her husband lost a sister to tragedy and that closed the door on faith for decades. Now I can only wonder how many people tried to bring them back, prayed, cared, invited, and time kept on passing. But then, just a few months ago, she had a conversation with a trusted friend, a believer.

Nothing earth shattering, but she shared her difficulty with Bible reading, and the friend told her about Through the Word. So she tried it. Her husband overheard and got interested. Listening together became listening daily. And she says things blossomed from there. They gave church a try and 30 long years after leaving faith, they are now following Jesus together. Stories like that are waiting right now on the other side of your patience.

Now you'll need patience at every step. Like what if they listen through John and still don't believe? That's okay. We're starting with John because it's an ideal on ramp, but you can invite someone into any book. Revelation might spark curiosity. Genesis or Proverbs may meet a different need.

Through the Word has guides for every book. Start another book. This is a lifelong rhythm. Follow Jesus. Bring someone with you and make disciples who make disciples.

So here's your micro step for today. It's a little patience, micro skill called listening. We want you to have one conversation with a friend where your only goal is to listen. Ask 2 or 3 genuine questions to help them open up. Then resist the urge to give advice and just listen. Let them know you care and you're there. And when it's done, take time aside on your own to pray that God would both help them and use that conversation to bring them closer to Jesus. And since we're talking about prayer, let's pray together.

Lord, we make a dangerous request. Teach us patience. We see its value. Fill us, Holy Spirit, and guide us in patient love toward life, others, ourselves, and even you as you've been patient with us. Help us be patient with all. In Jesus. Amen. And we'll see you next time on Discipology.

Mico Step 26: Listen Well

Kris: Your tactic for today is a little patience micro-skill called *listening well*. We want you to have one conversation with a friend where your only goal is to *listen*. Ask two or three genuine questions to help them open up, then resist the urge to give advice, and just *listen*. Let them know you care and you're there, and when it's done, take time aside on your own to pray that God would both *help them* and *use that conversation* to bring them closer to Jesus.

I know, I know - it's so easy. But just wait and see how *effective* it is. Listening well shows care and value. And we'll see you next time!

Step 27 | Disciples are Sent with Grit

Peyton: Welcome back to Discipology . Wow, you're on step 27. That means you've almost completed your Jedi training, and you might just be ready to face Vader. If you've been following Jesus for any length of time, you've probably noticed something. The moment you step forward into obedience, life gets harder. Disciple making is no exception.

Our anchor verse is Matthew 10: 30-31, “And even the very hairs of your head are all numbered. So don't be afraid. You are worth more than many sparrows.” I find it encouraging that those words were spoken by Jesus to his disciples as they moved out to make disciples.

You step out onto the field of mission and it's like a target is put on your back. And that's not paranoia. It's a promise. Jesus warned his disciples that if they went, they needed to expect a fight. The moment you decide to invest in others, you're stepping onto a battlefield. Disciple making doesn't happen in neutral territory, but on enemy turf. And the enemy doesn't take our encroachment lightly.

Paul put it plainly in Ephesians 6. Our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. In other words, there is more going on than what you can see with your eye. It's like the crime movie *The Usual Suspects* famously said, “the greatest trick the devil ever pulled off was convincing the world he didn't exist.”

That means the frustrations and conflicts you face aren't always coincidences. The nagging discouragement that won't leave you, the temptation that pounces when you're tired, the conflict with a coworker or family member that feels bigger than both of you. Sometimes those are just flaming arrows meant to distract you, disarm you, or drag you down.

And here's why. If Satan can keep you sidelined, the damage is contained. You're only one person. But the moment you start pouring into others, your impact multiplies. And that terrifies the powers of darkness.

Peyton: Every time you open the word with your two, hell takes notice. Every conversation about Jesus with a who is a threat. Every prayer whispered for someone's salvation, every act of faithfulness advances the kingdom. That's why Satan won't just shrug and walk away.

He'd rather hurl discouragement like flaming arrows than risk you reproducing your faith in someone else. Resistance, by the way, isn't proof you're failing or doing it wrong. It's proof that you're right on target. And Jesus knew this, which is why he didn't sugarcoat his words when he sent out the 12 in Matthew 10.

His instructions sounded less like a pep talk and more like a war briefing. He warned them they'd be handed over to councils flogged in synagogues, dragged before governors, their own families would turn against them. They'd be hated because of his name. Not exactly a morale booster, but it was a reality. And right in the middle of that, he gives them a promise that steadies us to this day.

“Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside of your father's care. Even the very hairs of your head are all numbered. So don't be afraid. You are worth more than many sparrows.”
Matthew 10:28 - 31.

I'd encourage you to read that again later. Jesus doesn't downplay the danger. He doesn't pretend arrows won't fly, but he looks at his disciples right in the eyes and says, you're going to take hits, but none of them will land outside the father's care. And every disciple maker lives under that same promise.

You may feel the sting of the arrows, but none can pierce the promise that he is with you. In Ephesians six, Paul warned of flaming arrows raining from above meant to intimidate, scatter, and wound. And sometimes, let's admit, they find their mark. I've felt them. So have you.

The arrow of doubt whispering you're not good enough to disciple anyone. The arrow of discouragement telling you this just isn't working. The arrow of distraction nudging you out of disciple making until life slows down.

Peyton: The arrow of fear. Warning that if you press this too far, you'll lose all your friends, the respect of your neighbors, maybe even your job. Those arrows are real. But Paul says, "take up the shield of faith with which you can extinguish all the flaming arrows of the evil one." Ephesians 6:16.

The job of the ancient archer was to keep the opposing armies at bay, their opponents too afraid to come within range of where the arrows could fall. Fear doesn't have to defeat you. It just has to stop you. That's why God gave us the shield of faith. So that we can advance without flinching.

As Churchill once said, fear is a reaction. Courage is a decision. So decide. Raise your shield and simply take the next step forward and the next. Because having faith means saying, even if I feel inadequate, God is able.

Even if I don't see fruit yet, he's still working, even if I'm afraid. He's with me. That's the paradox of disciple making. On the one hand, you're vulnerable. You feel stretched, targeted under fire. But on the other hand, you're invincible. Not because you're tough, but because the God who counts sparrows and numbers, the hairs of your head is covering you. You're not just living sent. You're living shielded.

But although Jesus didn't promise the 12 safety, he did promise him security. The security of his love and his presence. Making disciples means putting your toe to the line and entering a fight. But Jesus sent his disciples with grit to make sure you have that grit. Will you pray with me?

Father, I didn't ask for a fight, but I won't back down from one either. I know the enemy is real and I know he's already been defeated. Fill me with your spirit. Strengthen me with your truth and make me dangerous to the darkness. Teach me to fight like Jesus with truth, trust, and tenacity. Grit. I'm not afraid of the valley of shadow because, Lord, like David said in Psalm 23, you're with me there. Lead me out of it in power and help me take others with me. Amen.

Well, today's tactic is really a battle plan. Take 10 to 15 minutes to write down a personal battle plan for the next time you're under spiritual pressure.

Peyton: It could be about a lie you're prone to believe. Like I'm not enough, or God's holding out on me, or I'm all alone in this. Then write a truth that counters it. If you know a verse, write it down. If not, try searching the Bible or asking a friend who knows the word well. It's the shield. You'll hold up. The shield of faith that extinguishes the devil's lies.

It's also your sword. The sword of truth that you'll fight back with. Doing this will give you a healthy response you can use instead of giving into fear, shame, or self-sabotage. And lastly, remember, you're not alone. Your two is a person, you can reach out to when the pressure hits. You're not meant to fight alone.

Kris and I will be back in the next step, our final step of training, right before you go through the Gospel of John with your who. So I'll see you in the next step on your Discipology journey.

Mico Step 27: Prepare a Battle Plan.

Peyton: Take ten or fifteen minutes today and think about what happens when you're under spiritual pressure. We all face moments where lies creep in—thoughts like *“I'm not enough,”* or *“God's holding out on me,”* or *“I'm completely alone in this.”*

Start by writing down one lie you're prone to believe when things get hard.

Then write down a truth that counters that lie. If a Bible verse comes to mind, write it down. If not, search the Scriptures or ask a friend who knows the Word well. That truth becomes your shield to extinguish the enemy's lies—and your sword to fight back with what's real.

Next, think about a healthy response you can choose instead of giving in to fear, shame, or self-sabotage.

And finally, write down the name of one person you can reach out to when the pressure hits.

Because here's the big idea: you were never meant to fight these battles alone.

Step 28 | Disciples are Sent with Love

Peyton: Welcome back to disciples, Payton and Kris with you one last time. We've come to the last step in the tactics rhythm, the sending phase. And honestly, it's a little emotional. My baby's all grown up!. Sorry, I got something in my eye. Kris.

Like any good story, Jesus disciple making journey has an epilogue. By the end of John 20, the resurrection has happened. Sin and death are defeated. The mission complete. To be honest, the credits could just start rolling right there. But John gives us one more chapter, like a Marvel post-credits scene.

And it takes us to a quiet campfire where breakfast is cooking on the beach. Peter is back where it all started in Capernaum, on a boat fishing. The same hands that once dropped nets to follow Jesus have gripped him once again. And you can feel the weight, not the weight of the nets, but the weight of all that's happened.

Peter's trying to survive by catching fish to feed his body, but the emptiness in his gut is caused by the pain in his soul. From the shore, a familiar voice cuts across the water. "Friends, have you any fish?" Questions gentle but loaded.

They've been out fishing all night and they've caught nothing. Just like that night when they first left their nets to follow Jesus full time, Peter shouts across the water in a weary voice, trying not to sound overly grumpy. The voice calls back, "throw your net on the right side of the boat."

Peter freezes. He's heard that line before. Jesus is rewinding the tape, taking Peter back to his calling. As the nets swell with fish, Peter shouts, it's the Lord! And dives headfirst into the water and swim to shore. Peter sloshing footsteps approach Jesus, turning the fish, roasting bread on a fire. He looks up, smiling, hungry. Peter has never needed to see his friend more than he did at that moment, and he knows that Jesus isn't there to give him another miracle of fish. Peter needs restoration.

Kris: And that's what makes this moment so powerful. Peter's story is full of bold promises and painful failures. He's loud, confident, ready to die for Jesus until he isn't. Three denials, three chances to walk away from his own words. And then the rooster crowed, crushing Peter's soul. Failure has a way of branding itself into your memory, leaving a scar.

So when Jesus takes Peter on that long walk down the beach, it's intentional, private, and pastoral because there were three denials.

There are three questions. Simon, son of John, do you love me? Don't miss that. Jesus uses Peter's old name because Peter is feeling like his old screw up self again, and Peter answers the only way he can, a little puzzled. Yes, Lord, you know that I love you. And Jesus says, feed my lambs.

He asks again, do you love me? Peter mumbles affirmatively again, take care of my sheep. When the question comes the third time Peter is hurt. He knows what Jesus is doing. He's placing his hand on the hurt. It's not that Jesus is trying to wound Peter, but it's the only way to heal him. And that healing comes through. Calling him to love the very people that Jesus loves.

Do you see the connection? Peter needs healing. He feels like a failure, but he will find that healing complete when he shares God's love with others. I have found that true in my life more times than I can count. When I feel broken, done when I'm desperate to feel God's love again. I find that love when it's not just flowing to me, but through me. See, when I treat my heart like a cup, it runs out of room for God's love pretty fast. But when I recognize that my heart is a funnel, God's love flows through more and more. Peter, feed my lambs. Take care of my sheep. Love for Jesus and love for them are inseparable.

Peyton: Sheep; those who wander. Lambs; those who can't feed themselves. Peter was lost, and now Jesus is telling him to go after others who are lost like him. Tend the weak, guide the wandering, feed the ones who get stuck, dirty and lost. Just like you, Peter. If you love me, feed my sheep. Do for them what I just did for you.

It's not a metaphor. It's the hard bitten reality of disciple making. Making disciples gets messy. Jesus was the best disciple maker on the planet, but his disciples let him down. They got lost. They got scared. They shrunk back. They heard him. Sheep are nasty animals at times. I'll spare you the details, but I was a missionary to the Welsh people, where sheep outnumber people 3 to 1. And I'll tell you this, sheep are dirty.

Like Jesus, we've got to be patient with the failings of the people we're discipling. We need to be forgiving and loving. Jesus wanted Peter to know that loving his sheep was loving him, and he wants you and I to know the same.

Kris: Think about this. The resurrected Christ had 40 days before he ascended again. Every moment mattered. And one of those mornings he chose to cook breakfast and restore a broken fisherman.

That tells you everything about his priorities. Jesus was still prioritizing people through disciple making. Shepherding wasn't a side project to Jesus. If it was worth Jesus appearing on a beach to restore Peter, it would be worth the rest of Peter's life to do the same for others. That's when Peter finally understood it.

Jesus had come after Peter, like a shepherd does for his sheep and restored him, just like he was asking Peter to go do the same for other sheep. Maybe that's what you need to hear today, that Jesus is still coming after you. That he would sit with you on a beach and cook breakfast for you, just to have the opportunity to heal your heart and restore your soul.

My friend, your failures do not disqualify you, but they do provide an opportunity to re-establish Jesus love for you and his love for others out there who need grace just as badly as you do.

Peyton: And who better to restore them to it than someone who knows that grace personally? Someone like you. Someone like me. I don't know what your failures look like. Maybe like Peter, you've denied Jesus by staying quiet when you should have said you knew him. Maybe you've stumbled in ways you're still carrying the guilt of today, and maybe you wonder if he can really use you.

I need you to hear this clearly. Failure is never final, not ever. With Jesus, every disciple maker has walked that same shoreline with Jesus, being asked the same questions Jesus asked Peter, do you love me?

And every time you choose to show up, to care, to teach, to walk alongside someone, your life is answering back; yes, Lord, you know I love you. And Jesus says that when we slow down to disciple others, this is how you love him.

Kris: And here's your final micro step forward. And this is the one we've already told you about. It's time to invite your who to join you and your two on a journey to the zoo, not the zoo. Sorry, I just got caught up in the Dr. Seuss vibe there for a moment.

No, it is time for your journey through the book of John. Now, don't overthink this. It's still just a micro step. Pray first. Then simply ask them if they're interested. Remember the through the word app does all the heavy lifting. We provide you with the audio guides, the Bible, the space to connect you. Simply invite them, then stay engaged with them and with the word each day.

You'll be walking through John's Gospel together just the same way you've walked through the discipleship series with an audio guide for each day, and a place to share your thoughts together after each one.

Now remember, we already opened the book of John and through the word. Now all you have to do is invite your two and your who to join you with the link on Through the word, and no more Doctor Seuss.

Jesus said, As the father has sent me, I am sending you. That wasn't just for Peter and the other disciples. It's also for me and you. As you journey through the Gospel of John with your two and your who, you're not just starting a Bible study, you are stepping into the story as a sent one. Jesus is trusting you with his mission.

Start reading John together. Trust the process. Trust God's word. Let Jesus do what only he can do. And remember, you are sent with the same love that sent Jesus, love strong enough to forgive, love strong enough to restore those who think that they've failed and turn them into shepherds who will go get others.

Peyton: And before you go, Kris and I would like to pray one last time with you before we see you in John.

Father, we are honored to be a part of this journey with these disciple makers and training. But Lord, soon they will just be disciple makers. And we pray, Lord, that you would anoint them with your Holy Spirit. They don't got this, but you got this. And we ask Jesus that you would prove to them what you promised. I will be with you till the end of the age, Lord. That's all any of us ever really need is you with us, your presence, your power at work, through us. We lift this up for your glory and for the souls that you love and pursue even now. In Jesus name, Amen.

Kris: Everybody. All right? Peyton's got a little emotional. He's got a little something caught in his eye again. So I want to finish up guys by just saying, we are honored, Peyton and I, both, to be a part of your journey to be a part of this incredible process. Go give them Jesus love and have a great time.