



LIFE GROUP STUDY MATERIAL

Every Home a *Discipleship Centre*

Session #7

Training: Discipleship
Requires *Intentional*
Formation

Session #7

TRAINING: DISCIPLESHIP REQUIRES INTENTIONAL FORMATION

LESSON AIM

To understand the importance of intentional spiritual training and learn how biblical instruction, godly example and loving discipline help form obedient and Christlike disciples.

VIDEO LESSON

Link to video: <https://youtu.be/vcSBwW6GgTs?si=DsMRMyt-8sHVoVes&t>

SCRIPTURE READING

Proverbs 22:6

6 Train up a child in the way he should go; even when he is old he will not depart from it.

Proverbs 22:6 (ESV)

INTRODUCTION

We live in a world that places great value on education but often neglects formation. We teach children how to succeed academically, develop their talents and prepare for a career, but we can easily overlook the greater responsibility of training them to know, obey and submit to God. Teaching can fill the mind with information, but discipleship seeks the transformation of the whole person.

Proverbs 22:6 says,

Train up a child in the way he should go; even when he is old he will not depart from it.

Proverbs 22:6 ESV

This reveals a timeless principle: intentional training produces lasting transformation. Whether we are raising children, mentoring believers or leading others, discipleship requires more than occasional instruction. It involves intentionally helping people develop the character, habits and obedience of a follower of Jesus.

A. The Responsibility of Training

The primary responsibility of training belongs to the home. Proverbs 22:6 begins with the instruction, “Train up a child.” This responsibility is given primarily to parents. Schools can educate, coaches can develop skills and the church can nurture faith, but none of them can replace the God-given influence of the home. Parents may delegate certain tasks, but they cannot delegate their responsibility to disciple their children.

Ephesians 6:1–3 points to the home as the place where children first learn obedience and honour. God designed the family to be the first classroom, the first discipleship centre and the first training ground of life. Long before the world begins shaping their habits, the home is already shaping their hearts. This requires parents to be intentional about providing biblical instruction, modelling a godly life and giving loving correction. If we do not take responsibility for training those God has entrusted to us, other influences will inevitably shape them.

B. The Reality of Training

Teaching transfers information, but training transforms behaviour. Teaching may tell a child not to lie, while training allows them to see truthfulness modelled at home. Teaching may tell them to read the Bible, while training lets them observe a genuine love for God’s Word. Teaching speaks to the mind, but training shapes the heart and will through instruction, example, practice and correction.

In Matthew 28:19–20, Jesus calls us to make disciples by teaching people to obey everything He commanded. Discipleship is not merely knowing the truth but learning to live in submission to God. Training therefore seeks to lovingly guide the will towards immediate, complete and joyful obedience. This includes biblical discipline that is never carried out in anger, abusively or with humiliation. Instead, it is purposeful, loving and restorative, helping people grow into the character God desires for them.

C. The Reward of Training

Training is painful now, but profitable later. Hebrews 12:11 acknowledges that discipline can feel sorrowful in the moment, but afterwards it produces “the peaceful fruit of righteousness” in those who have been trained by it. Like an athlete who develops through discomfort or a musician who improves through repetition, spiritual formation requires patience, consistency and perseverance.

God also uses discipline to train and transform us. Through correction, waiting, disappointment and difficulty, He forms us into the likeness of Christ. What may feel like punishment can actually be preparation for what God has planned. When training is carried out with love and received with humility, it produces lasting fruit, aligns our lives with God’s wisdom and prepares us to fulfil His purposes.

Conclusion

Training is not a one-time lesson but a daily process of shaping character. It is not simply correcting behaviour or transferring information. It is helping people develop the convictions, habits and obedience of a disciple of Jesus. Whether we are raising children, mentoring believers or leading others, we must ask whether we are training intentionally or merely reacting emotionally.

God has a purpose for every household and every person He entrusts to us. As we provide biblical instruction, model godly character and practise loving discipline, we create an environment in which discipleship can take root. Intentional training produces lasting transformation, preparing people to walk in obedience and become more like Christ.

DISCUSSION QUESTIONS

Instructions for group facilitators: Every group is different. You may modify the discussion questions to suit your group and you do not need to use all the questions in the group discussion.

Question 1: What is one key insight from this lesson that stood out to you, and why?

Question 2: Read Proverbs 22:6. What responsibility is given in this verse, and what lasting outcome does it describe?

Question 3: According to the lesson, what are the main differences between teaching and training?

Question 4: Read Hebrews 12:11. What does this verse reveal about the process and eventual outcome of discipline?

Question 5: Why do you think God designed the home to be the first place of discipleship and spiritual training?

Question 6: Why is transferring biblical knowledge alone insufficient for making disciples?

Question 7: What does it mean to “lovingly guide the will into joyful submission,” and how is this different from simply controlling behaviour?

Question 8: What is the difference between discipline that feels like punishment and discipline that serves as preparation?

Question 9: How do the principles of training in this lesson apply beyond parenting to mentoring, leadership and making disciples?

NEXT STEPS

Take some time this week to consider who God has entrusted to you to train and disciple. Ask the Holy Spirit to show you where you may be relying on instruction without providing a consistent example, practice or loving correction. Choose one intentional step you can take to help someone grow in obedience to God, whether through modelling a godly habit, studying Scripture together, offering encouragement or addressing an area that needs correction. Remember, intentional training produces lasting transformation.