

How to lead

**One to One
Discipleship**

**It is a great
pathway for
personal growth,
challenge and
transformation.**

1 to 1 discipleship is journeying with someone who is further ahead of you in their maturity and walk with God. They act as a guide, someone who points you towards Jesus, asks questions and encourages you to follow His ways.

Here is how to lead One to One Discipleship

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Vision

A disciple is a fully devoted, life long follower of Jesus. A disciple values what Jesus values and wants to become more and more like Him; it cannot happen in isolation.

We pray for God's Kingdom to come and His will to be done, therefore why not let that work begin in us? The more we allow Jesus to shape our lives, the more of His light we can share with the world around us. This leads us to be disciples who make disciples.

Some healthy qualities of
One to One Discipleship

Relational
Honest
Intentional
Reproducible

Continue...

Jesus says in Matthew 10:39 “if you cling to your life, you will lose it; but if you give up your life for me, you will find it”.

Discipleship is less about self-improvement and more about self-sacrifice; we can only experience life to the full when we surrender all aspects of our lives to Jesus.

We all have blind spots in our lives - sometimes in One to One discipleship, those can be revealed.

This can be challenging, or feel awkward at times, however these are opportunities for transformation.

Identity and calling deepens
Christ-like character
Gifting is developed
Obedience to the Holy Spirit
Make other disciples
Greater self-awareness
Healing of pain and hurt
Sin confessed
Commitment to Jesus and His Church
Empowered to play a part in God's kingdom
Faith that endures

Ephesians 2:10
1 Corinthians 11:1
1 Timothy 4:14
Galatians 5:25
Matthew 28:19-20
Psalm 139:23-24
Matthew 5:4
James 5:16
Acts 2:42-47
1 Corinthians 12:12-27
Romans 5:3-5

Fruitful Outcomes of One to One Discipleship

The Practicalities of One to One Discipleship...

Who

How

When

Where

Who

Find somebody who you feel a connection with, God speaks to you about, you have a rise of faith for or someone you want to invest in. You want to invest in people who are open to God and open to you speaking into their life.

It's best for the one being discipled to be teachable, proactive, open, honest and accountable. It is always the responsibility of the one being discipled to pursue discipleship.

A discipler is an encourager who is invested in your spiritual journey. Your role is to help them fix their eyes on Jesus, not to judge them. You will ask them helpful questions, open scripture with them and pray with them.

Who
How
When
Where

How

The main skill in helping others in 1 to 1 discipleship is learning how to ask the right questions. We need to learn to listen on a number of levels; words that are coming out of people's mouths, where their words are coming from and listening to the Holy Spirit.

Asking the right questions uncovers and reveals some of the deep things we fear or are addicted to, as well as where our identity doesn't match up to what God says about us. It also reveals the hopes, dreams and sense of destiny we carry.

Turn to scripture, highlight Biblical principles, pray for them and encourage them to go away and hear God for themselves. Do not cultivate spiritual or emotional dependency, but treat people as adults.

Who
How
When
Where

When

The suggested rhythm for 1 to 1 discipleship is 1 hour every 2-3 weeks. It is recommended to give 1 to 1 discipleship a time frame, e.g. 3 months, 6 months, 12 months, and then review after the given time period but sooner if needed.

Regularly check in with how things are going. This gives you both a chance to check in with what's going well, or what can be improved or whether you continue to meet.

Who
How
When
Where



Where

1 to 1 discipleship can be outworked in lots of different ways; you could head to a coffee shop, enjoy a walk or do some mission together by sharing your faith with others!

Getting *Started*

Agree a rhythm for meeting
Read this document together
Agree expectations and review regularly
Take turns sharing your story
Pray together and open the Bible

For any help, support or extra
resources please contact
discipleship@openheaven.org.

If at any stage you have a
safeguarding concern, email
safeguarding@openheaven.org.

You were never designed to do this journey alone.

There's a pathway for you that will help you become more like Jesus and make other disciples.

Disciples who Make Disciples

Discipleship Deck

Jesus Questions

Helpful Resources