

# START TRACK: THE FOUNDATIONAL LESSONS





Think of each lesson as a foundational lesson that all believers need to know, obey/do and pass on to others. If it takes you more than one week to master the lesson, that is fine. The Start Track is to be done with new believers, as well as people who are already Christians but have not been in this type of Group before. The practice/application portion is guided and pre-set for these lessons. Individualized applications and practice is begun in subsequent meetings. Also, if a new believer can't form a Group around their relational network, you can use the Start Track as a one-on-one discipleship lesson. Over time, hopefully this will turn into their own Group.

**[1] WHY? WHO? HOW?** (You can do this first lesson in about 2 hours or break it up into multiple meetings)

- ✓ **WHY has God saved us?** God saved us through His grace and mercy (Ephesians 2:4-6). He saved us because of His love for us (John 3:16-18), for His glory (Ephesians 1:11-14) and His desire for us to GO and spread His glory around the world (2 Corinthians 5:17-21, Habakkuk 2:14). Look at "The 4 Commands" and "The 4 Calls"
- ✓ **WHO do we share this good news with?** Your relational network. Make a map or list of your friends, family, relatives, co-workers, neighbors and anyone else that you know and have a relationship with. Mark people as "Christians" or "Non-Christians/far from God"
- ✓ **HOW do we share this good news?** Share your story as a bridge to sharing God's story.


**[2] THE HOLY SPIRIT**


 **LOOK UP:** John 14:15-18; Titus 3:4-7


 **PRACTICE:** As children of God, we need to listen to what He is telling us. That requires hearing from Him. God speaks to people in many different ways, such as dreams/visions, peace in your heart, through the Bible, prayer, fasting, other believers, Jesus, and even creation. Discuss with your disciples how God speaks in the following passages: Hebrews 1:1-2; 2 Timothy 3:16; Romans 1:20; Acts 16:6-7; Acts 11:28; Romans 9:1; John 14:26.

**PRAY.** Ask God to show you whom He wants you to tell your story and His story to this week.

**[3] TELL YOUR STORY**

 **LOOK UP:** Mark 5:1-20. Pay particular attention to verses 18-20.

 **PRACTICE:** Tell your story - You will need to prepare your story and be prepared to share it with others. Here is how you can tell your story in three parts:

 **Talk about your life before following Jesus** - Describe your feelings [pain, loneliness], questions [what happens after death?], or struggles you had before following Jesus.

 **Talk about how you became a follower of Jesus** - Tell them about Jesus! The essential story of Jesus is: We have all offended God with our sins. We will die because of our sins. But we are saved from death when we put our faith in Jesus, who died for our sins, was buried, and raised from the dead.

 → **Talk about your life after following Jesus** - Tell them about how Jesus changed your life. Tell of the joy, peace, and forgiveness Jesus gave.

? **Invite a response** - Your story should ask for a response. End with a question that will help you discover the person's level of spiritual interest. Ask something like: "Would you like to know how you can be forgiven?" or "Would you like God to change your life?"

**Keep it brief** [3 minutes or less] - Your story should be short and interesting. Do not be boring and do not talk so long that the listener loses interest.

**Practice** telling your story with someone in your Group.

**PRAY.** Ask God to show you whom He wants you to tell your story and His story to this week.

#### [4] TELL GOD'S STORY



**LOOK UP:** 1 Corinthians 15:1-8, Romans 3:23, Romans 6:23



**PRACTICE:** Have everyone in your Group practice telling Jesus' story using the Creation to Judgement story, 3 Circles, or use another simple method.

**PRAY.** Ask God to show you whom He wants you to tell your story and His story to this week.

#### [5] FOLLOW & FISH



**LOOK UP:** Mark 1:16-20



**PRACTICE:** Make a map - Get a blank piece of paper and map the names of up to 100 people that you know [family, friends, neighbors, coworkers, etc...]. If the person is not a Christian, share your story and God's story with them. If the person is a Christian, think about how you can invite them to participate in a Group like you are doing now, or slowly introduce them to some of the discipleship tools you are learning (Or, write a list 100 if you choose the list).

**PRAY.** Ask God to show you whom He wants you to tell your story and His story to this week.

#### [6] BAPTISM



**LOOK UP:** Romans 6:3-4; Acts 8:26-40



**PRACTICE:** Find nearby water [bathtub, pool, river, lake] and baptize all new believers. Continue to immediately baptize people as they become believers. To learn more about baptism, see Acts 2:37-41, 8:5-13, 8:36-38, 9:10-19, 10:47-48, 16:13-15, 16:27-34, 18:5-9, 19:1-5, 22:14-17 and 1 Corinthians 1:10-17.

**PRAY.** Ask God to show you whom He wants you to tell your story and His story to this week.

#### [7] YOUR NEW IDENTITY IN CHRIST



**LOOK UP:** Ephesians 1:3-14 (We are adopted into God's family) and Romans 6:6-14 (We are set free from sin). You can use two weeks to go through lesson 7 if desired.



**PRACTICE:** Discuss with your disciples the following verses and what they mean for your new identity in Christ: 2 Corinthians 5:17, 1 John 3:14, Romans 8:1, Philippians 3:20, Colossians 3:1-17.

**PRAY.** Ask God to show you whom He wants you to tell your story and His story to this week.

## [8] THE BIBLE



**LOOK UP:** 2 Timothy 3:14-17



**PRACTICE:** Memorize the process your Group uses in the 3/3 meeting format. Also, encourage everyone to have a personal quiet time where they read the Bible and pray each day. Use the SOAPS tool located in your appendix if you need a Bible reading/study method.

**PRAY.** Ask God to show you whom He wants you to tell your story and His story to this week.

## [9] TALK WITH GOD



**LOOK UP:** Matthew 6:9-13



**PRACTICE:** Use your hand to learn how to talk with God. As a Group pray through Jesus' prayer in Matthew 6:9-13 using your hand as a guide. Encourage everyone to pray each day.

1. **Palm = Relationship.** As the palm is the foundation for our fingers and thumb, time alone with God is the foundation for our personal relationship with Him. *"Our Father in heaven..." [Matthew 6:9]*
2. **Thumb = Worship.** Our thumb reminds us that we must worship God before we ask for anything. *"...may your name be holy." [Matthew 6:9]*
3. **First Finger = Surrender.** Next we surrender our lives, plans, family, finances, work, everything. *"May your kingdom come, your will be done..." [Matthew 6:10]*
4. **Middle Finger = Ask.** Then we ask God to meet our needs. *"Give us this day our daily bread." [Matthew 6:11]*
5. **Fourth Finger = Forgive.** Now we ask God to forgive our sins, and we must forgive others. *"Forgive us as we forgive others." [Matthew 6:12]*
6. **Little Finger = Protect.** Then we ask for protection. *"Let us not yield to temptation, but deliver us from the evil one." [Matthew 6:13]*
7. **Thumb [Again] = Worship.** And we end just as we began – we worship Almighty God. *"Yours is the kingdom and the power and the glory forever. Amen." [Matthew 6:13].*

**PRAY.** Ask God to show you whom He wants you to tell your story and His story to this week.

## [10] HARD TIMES



**LOOK UP:** Acts 5:17-42; Matthew 5:43-44



**PRACTICE:** Share with the Group about a difficulty you have faced because of your new faith; consider difficulties you may face; role-play how you will respond – with boldness and love – as Jesus teaches. Pray as needs come up. Pray for each person after they share.

**PRAY.** Ask God to show you whom He wants you to tell your story and His story to this week.

## [11] BECOMING HEALTHY DISCIPLES












**LOOK UP:** Acts 2:36-47, 1 Corinthians 11:23-34



**PRACTICE:** Discuss what your Group needs to do to become like the meetings described in the passages. As a Group, on a blank piece of paper, draw a dotted line circle representing your own Group. Above it, list 3 numbers: the number regularly attending [stick figure], the number believing in Jesus [cross] and the number baptized after believing [water]. If your Group has

committed to gather together regularly, make the dotted line circle solid. If you regularly practice each of the following things below, then draw a picture of it inside your circle. If you do not do it, or you wait for an outsider to come do it for you, then draw it outside the circle.

1. Commitment to gather together- solid line instead of dotted line.
2. Baptism 
3. Bible 
4. Commemorate Jesus with bread and wine/juice 
5. Fellowship 
6. Giving and ministry 
7. Prayer 
8. Praise 
9. Telling people about Jesus 
10. Leaders 



What is your Group missing that would help make it a healthy Group?

What other things might your Group include in this passage to make it healthy? (For example: signs and wonders, repentance, big gatherings, small gatherings, eating together, glad and sincere hearts, etc...)

**PRAY.** Ask God to show you whom He wants you to tell your story and His story to this week.

**WHERE NEXT?** Go through the **Next Steps Series**.

## NEXT STEPS: THE CORE DISCIPLESHIP TOOLS/PRINCIPLES










Think of each lesson as a foundational lesson that all believers need to know, obey/do and pass on to others. If it takes you more than one week to master the lesson, that is fine. Do not move to the next lesson unless the majority of the people are trying to obey! The Start Track is to be done with new believers, as well as people who are already Christians but have not done this type of discipleship before. Also, if a new believer can't form a Group around their relational network, you can use the Start Track as a one-on-one discipleship. Plug each verse into the Look Up portion of the 3/3 meeting format each week.



### LOVE GOD

1. **Listening to God and hearing from Him:** John 8:42-47 and 16:12-15 [PRINCIPLE: Listen to God]
2. **Trust God and grow in your faith:** [PRINCIPLE: Dual accountability]
  - a. Matthew 14:22-33 (1<sup>st</sup> meeting)
  - b. Hebrews 11:1-40 (2<sup>nd</sup> meeting)
3. **Respond in obedience:** Luke 6:46-49; 1 John 2:3-6 [PRINCIPLE: Measure of maturity]
4. **Self-feeding:** This group of practices helps to strengthen our faith, maintaining a vital, abiding connection with God and being directed by the Holy Spirit.
  - a. **Read the Word of God daily:** Psalm 119:9-16 (1<sup>st</sup> meeting) [TOOL: S.O.A.P.S.]
  - b. **Prayer:** Philippians 4:6-7; Ephesians 6:18 (2<sup>nd</sup> meeting) [TOOL: Prayer cycle]
  - c. **Resist the enemy:** Matthew 4:1-10; 1 Peter 5:6-11 (3<sup>rd</sup> meeting) [TOOL: Accountability group]
  - d. **Prepare for persecution:** 2 Timothy 3:12-13 (4<sup>th</sup> meeting) [PRINCIPLE: Price to pay]
5. **Be accountable with 1-2 other people:** Galatians 6:1-6; Ecclesiastes 4:9-12 [TOOL: Accountability group]

### LOVE OTHERS

6. **Disciple someone and stay connected with the person discipling you:** 2 Timothy 2:1-2; Philippians 3:17 [PRINCIPLE: Duckling discipleship; Invest in the few]
7. **Practice the "one-anothers":** John 13:34; Ephesians 4:32; Colossians 3.13, Romans 12.10, Romans 13.8, 1 Thessalonians 5.11 [PRINCIPLE: Body life]
8. **Gather together:** This list of practices ensures that we have a vital, abiding connection with each other in our primary spiritual family [TOOL: Healthy Group circle]
  - a. **Commitment to gather together:** Hebrews 10:19-25 (*solid line instead of dotted line*)
  - b. **Baptizing new believers:** Acts 16:22-34 
  - c. **Read and know the Bible:** Psalm 119:105-112 
  - d. **Celebrate Communion:** Matthew 26:20-30 
  - e. **Fellowship:** Philippians 2:1-11; 1 John 1:1-7 
  - f. **Giving and ministry:** Acts 4.32-37, 2 Corinthians 9:6-11 
  - g. **Praying together:** Acts 12:1-17 
  - h. **Praise and worship:** Psalm 100.1-6, Ephesians 5.15-20 
  - i. **Telling people about Jesus:** Romans 10:8-15; Acts 8:1-8 
  - j. **Caring leaders:** Hebrews 13:7-9, 17 

- k. **Read Acts 2:36-47 and draw out the healthy Group circle again.** Is your Group still missing anything? What other things might your Group include in this passage to make it healthy? (For example: signs and wonders, repentance, big gatherings, small gatherings, eating together, glad and sincere hearts, etc...)



## MAKE DISCIPLES

9. **Look for where the Kingdom of God isn't:** Romans 15:17-22 [PRINCIPLE: Eyes to see]
10. **Go prayer walking and look for persons of peace:** Luke 10:1-12 [PRINCIPLE: Person of peace] [TOOL: Prayer walking]
11. **Why? Because of His love for us, for His glory, and His desire for us to GO and spread His glory around the world:** 2 Corinthians 5:11-21 [TOOL: The 4 Commands and the 4 Calls]
12. **Who? Your relational network:** Matthew 9:9-13 [TOOL: Map/List of 20 or 100]
13. **How? Tell your story:** Mark 5:1-20 [TOOL: Your story]
14. **How? Tell God's story:** Acts 2:1-41 [TOOL: God's story]
15. **A disciple is one who hears from God, obeys, and shares what he is learning with others. We can make this kind of disciple using the 3/3 format:** Ezra 7:10; Matthew 28:16-20 [PRINCIPLE: Hear, obey, share] [TOOL: 3/3 meeting format]
16. **Be a part of 2 Groups:** Acts 13:1-3 and 14:21-28 [PRINCIPLE: Part of 2 Groups at a time]
17. **MAWL with your disciple(s):** 1 Corinthians 4:14-21 and 11:1-2 [PRINCIPLE: Model, assist, watch, and leave]

## STUDY TRACKS FOR SEEKERS



Use the following passages in the HOPE SERIES or the SIGNS OF JOHN SERIES for the "LOOK UP" portion of your 3/3 meeting format. Your Group may need more than one meeting for some of the passages. These series are specifically designed for people who do not have a relationship with Jesus yet.

### HOPE SERIES [FOR SEEKERS]

1. Hope for the sinner: Luke 18:9-14
2. Hope for the poor: Luke 12:13-34
3. Hope for the runaway: Luke 15:11-32
4. Hope for the lost: Luke 19:1-10
5. Hope for the grieving: John 11:1-44
6. Hope for the seeker: John 3:1-21

### SIGNS OF JOHN [FOR SEEKERS]

1. Turning of water into wine: John 2:1-12
2. Healing of the royal official's son: John 4:46-54
3. Healing of the paralytic: John 5:1-17
4. Feeding of the five thousand: John 6:1-14
5. Walking on water: John 6:15-25
6. Healing of the man born blind: John 9:1-41
7. Raising Lazarus from the dead: John 11:1-46
8. Jesus is the only way to the Father: John 14:1-11

## DISCOVER SERIES



[FOR GROUPS THAT NEED BIBLE BACKGROUND & FAMILIARITY OR SEEKERS GROUPS]

Use the following passages for the "LOOK UP" portion of your Group or seekers group. You may need more than one meeting for some of the passages.

### DISCOVER GOD - WHO GOD IS AND WHAT HE IS LIKE

1. Creation - Genesis 1
2. Creation of people - Genesis 2
3. Disobedience of people - Genesis 3
4. Noah and the flood - Genesis 6:5 to 8:14
5. God's promise with Noah - Genesis 8:15-9:17
6. God speaks to Abraham - Genesis 12:1-7; 15:1-6
7. God is holy [without sin] - Leviticus 19:2; Deuteronomy 32:3-4
8. God's commands to His people - Exodus 20:1-21
9. David becomes king of Abraham's descendants - 1 Samuel 16:1-13; 2 Samuel 7:1-28
10. King David and Bathsheba - 2 Samuel 11: 1-27
11. Nathan's story - 2 Samuel 12:1-25
12. David asks for forgiveness for the sin he committed - Psalm 51:1-17
13. God promises a Savior will come - Isaiah 53

### DISCOVER JESUS - WHO JESUS IS AND WHY HE CAME

1. A Savior is born - Matthew 1:18-25
2. Jesus' baptism - Matthew 3:7-9, 13-15
3. A crazy man is healed - Mark 5:1-20
4. Jesus never loses His sheep - John 10:1-30
5. Jesus heals the blind - Luke 18:31-42
6. Jesus and Zacchaeus - Luke 19:1-9
7. Jesus and Matthew - Matthew 9:9-13
8. Jesus is sinless - Hebrews 4:14-16; 10:1-14
9. Jesus is the only way - John 14:1-15
10. The Holy Spirit is coming - John 16:5-15
11. The last dinner - Luke 22:14-20
12. Jesus' arrest and trial - Luke 22:47-53; 23:13-24
13. Jesus' execution - Luke 23:33-56
14. Jesus is alive - Luke 24:1-7, 36-47; Acts 1:1-11
15. Jesus will come back one day to judge the world - 1 Thessalonians 4:16-17; Matthew 25:31-4

### DISCOVER THE CHRISTIAN LIFE - HOW ARE WE SUPPOSED TO LIVE AS CHRISTIANS?

1. We become Christians when we believe in Jesus and ask Him to forgive us for the sins we have committed - Acts 2:36-41
2. With assurance of salvation - 1 John 5:11-13; Ephesians 1:13-14
3. With assurance of forgiveness - 1 John 1:9
4. With the Holy Spirit living in us - John 14:15-18; Titus 3:4-7
5. With the Holy Spirit producing fruit in our lives - Galatians 5:22-23
6. In fellowship with other Christians - Hebrews 10:24-25
7. Spending time with God [prayer and reading His word] - Mark 1:35; Psalm 19:7-11
8. In victory over sin - 1 Peter 1:13-25; 2:1-3
9. Living in love - Matthew 22:36-40; 1 Corinthians 1:1-7
10. Making disciples and teaching them to obey Jesus' commands - Matthew 28:19-20
11. Giving generously - 1 Corinthians 16:1-2; 2 Corinthians 9:6-8
12. Using the spiritual gifts God has given us - Romans 12:1-8



## STRENGTHEN SERIES



[FOR NEW BELIEVERS OR GROUPS THAT NEED A DISCIPLING FOCUS]

**Learn to obey the 7 basic commands of Jesus.** Keep sharing Jesus with people on your list.

1. Learn and do - John 14:15-21
2. Repent. Believe. Follow - Mark 1:14-17, Ephesians 2:1-10
3. Be baptized - Matthew 28:19, Acts 8:26-38
4. Love God. Love people - Luke 10:25-37
5. Talk with God - Matthew 6:9-13. Learn and practice Jesus' model prayer
6. Remember and commemorate Jesus - Luke 22:14-20, 1 Corinthians 11:23-32
7. Give - Acts 4:32-37
8. Pass it on - Matthew 28:18-20

**Follow as I follow.** Make disciples. Pass on to others what you have learned. Teach these people to pass it on to others also.

1. Find a disciple [Timothy was Paul's disciple] - 2 Timothy 1:1-14
2. Pass on what you have learned to others; and teach them to do the same - 2 Timothy 2:1-4, 14-16
3. Continue in what you have learned; watch out for false teachers - 2 Timothy 3:1-17
4. Endure and be prepared - 2 Timothy 4:1-8

**Multiply your Group.** Gather your disciples into new Groups.

1. Get started and make a plan; look for the Person of peace - Luke 10:1-11. Listen to Jesus' instructions as you start a new Group.
2. Gather together - Acts 2:36-47
3. Person of Peace [part 2] - Mark 5:1-20. Look for people willing to share their story about Jesus. Start a Group with that person and their friends & family.
4. Who is ready? - Matthew 13:1-9, 18-23

**Go: local.** Learn how to reach your local community.

1. Go: local - Acts 1:1-8
2. Help the poor. Share the good news - Luke 7:11-23
3. Go where God sends - Acts 10:9-48
4. Go with a plan - Acts 13:1-3, 32-33, 38-39; 14:21-23, 26-27

**Go: global.** Learn how to reach the ends of the earth.

1. Go: global - Acts 1:1-8, Matthew 28:19-20
2. Go where God sends - Acts 8:26-40
3. God loves every people Group - John 4:4-30, 39-41; Revelation 7:9-12
4. Go with a plan - Acts 13:1-3, 32-33, 38-39; 14:21-23, 26-27

**Remember the basics.** Remember what to do when you meet.

1. Jesus is first - Philippians 2:1-11
2. Talk with God - Matthew 6:5-15
3. Community - Hebrews 10:23-25
4. The Bible - 2 Timothy 3:10-17

**Commit.** Learn to stay strong and keep following Jesus.

1. Disobedience - Jonah 1
2. Commit - Jonah 2
3. Obey - Jonah 3
4. Obey all the way - Jonah 4

**WHERE NEXT?** Choose your own Bible passages & keep meeting. Use the same questions and meeting format.