

# Long-Term Discipleship “Three Thirds” Format by Ying Kai

a tool for discipleship, leader development & church formation

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## < LOOK BACK

1. Mutual Care: share a highlight and challenge from your week with others.

*Note:* Please keep to bullet-point form instead of life story because we have a lot to get through today.

2. Worship: focus on and respond to God

3. Loving Accountability

-Grow: did you obey what you said you would from last week's lesson?

-Go: did you share Jesus last week?

-Gather (if applicable): how are you leading your disciples towards fruitful obedience to Jesus including multiplication of healthy disciples & churches?

4. Vision: encourage & inspire by sharing examples of what God is doing

## ^ LOOK UP

5. Discover the Bible for Obedience

-Use inductive methods like Swedish, Sword, 3-column or SOS to examine a passage of Scripture from the Bible together and discover what it says as well as what it is asking of you.

-be sure to discover for obedience (not just knowledge)

## > LOOK AHEAD

6. Practice Lesson

7. Set Goals

-Grow: What will you obey from today's lesson in the next week?

-Go/: Who/Where will you share Jesus this week?

-Gather: How will you lead your disciples towards obedience to Jesus (including multiplication of healthy disciples and churches)

8. Prayer: Ask the Lord for the faith and power of the Spirit to obey, pray for your name lists, pray for your city, pray for anything else. As you leave, commit to pray for the goals of the person on your right this week