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REAL TESTIMONIES.
RADICAL TRANSFORMATIONS.

DISCIPLE

LEVEL 4: DISCIPLE
SOMEONE -
COMPLETE ONE-
ON-ONE
MENTORING
SYSTEM

Real Testimonies. Radical Transformations.



LEVEL 4: DISCIPLE SOMEONE - COMPLETE ONE-ON-ONE MENTORING SYSTEM

Master 12-Week Intensive Discipleship Curriculum: Session
Plans, Mentoring Strategies, Accountability Systems, and
Implementation for Developing Disciples Who Make Disciples

Kyle Lauriano 2025

INTRODUCTION: THE DISCIPLESHIP IMPERATIVE

Most churches are full of Christians who've never been discipled.

They:

- Attend church but don't grow spiritually
- Make decisions but don't experience transformation
- Know Jesus intellectually but don't follow Him practically
- Have faith but no visible change

The crisis isn't evangelism. It's discipleship.

WHY DISCIPLE-MAKING MATTERS

Jesus' last command wasn't: "Go and make converts" Jesus' last command wasn't: "Go and fill churches"

Jesus' command was: "Go and make DISCIPLES"

A disciple is a follower who becomes a leader who multiplies disciples.

YOUR ROLE AS DISCIPLE-MAKER

You're not:

- ✗ A savior (Jesus is)
- ✗ A therapist (though you listen carefully)

- ✗ A boss (though you lead with authority)
- ✗ Perfect (you're growing too)

You are:

- ✓ A guide walking alongside them
- ✓ A model showing what following Jesus looks like
- ✓ An investment of your time and heart
- ✓ An encourager believing in their growth

PART 1: FOUNDATIONS OF DISCIPLESHIP

WHAT IS DISCIPLESHIP?

Discipleship is the lifelong process of:

1. **Being transformed** by Jesus into His image
2. **Learning** to follow Him completely
3. **Being equipped** to serve and lead others
4. **Being empowered** to multiply disciples

It's NOT:

- **X** Just Bible study (though study is included)
- **X** Just accountability (though accountability helps)
- **X** Just learning information (though knowledge matters)
- **X** A program with an end date (though it has phases)

It IS: A lifestyle of following Jesus with someone walking alongside you.

THE GREAT COMMISSION FRAMEWORK

Matthew 28:19-20:

"Go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you."

Notice the progression:

1. **Go** — Reach people with the gospel
2. **Baptize** — Bring them into community
3. **Teach** — Help them grow in understanding
4. **Obey** — Practice what they learn

PART 2: PREPARING TO DISCIPLE

SELECTING YOUR DISCIPLE

Not everyone is ready. Not everyone should be your disciple.

QUALITIES TO LOOK FOR

Spiritual readiness:

- Recent genuine commitment to Jesus
- Evidence of spiritual change
- Hunger to grow deeper
- Willingness to be challenged and corrected

Character foundation:

- Honesty and vulnerability
- Teachability (open to feedback)
- Consistency and reliability
- Integrity and authenticity

Practical commitment:

- Willing to invest significant time
- Willing to be held accountable
- Willing to do assignments and apply learning
- Willing to eventually become a disciple-maker

Leadership potential:

- Natural influence with others

- Capacity and desire to grow
- Heart to serve
- Emerging leadership qualities

ASSESSING READINESS

Before inviting someone to be discipled, ask:

Spiritual questions:

- How long have you been following Jesus?
- What changes have you experienced since becoming a Christian?
- How serious is your commitment to grow?
- What specific areas do you want to develop?

Practical questions:

- Can you commit to meeting weekly for 12 weeks?
- Are you willing to do 30-60 minutes of assignments weekly?
- What obstacles might prevent your participation?
- How committed are you really?

SETTING CLEAR EXPECTATIONS

Be crystal clear about what you're offering:

Aspect	Details
Time commitment	Weekly one-on-one meeting (60-90 minutes)
Homework	30-60 minutes of assignments per week
Duration	12-week intensive period minimum
Accountability	Honest about progress and struggles
Challenge	Will be pushed to grow and change
Application	Expected to live out what you learn

What discipleship is NOT:

- Therapy or counseling
- Quick fixes or easy answers
- Optional or casual commitment
- About making you feel good

CREATING THE DISCIPLESHIP CONTAINER

The relationship needs clear structure for safety and growth.

CONTAINER ELEMENTS:

Regular rhythm: Same time, same place, predictable pattern

Clear agenda: Each meeting has purpose and structure

Safe space: Confidentiality is sacred; vulnerability is honored

Growth focus: Always moving toward transformation

Accountability: Honest about progress and barriers

Prayer: Regular intercession for their growth

PART 3: THE 12-WEEK CURRICULUM FRAMEWORK

STRUCTURE AND PROGRESSION

The 12-week curriculum takes disciples through four phases:

WEEKS 1-3: FOUNDATION

Theme: Who you are in Christ **Focus:** Identity, belonging, security in God **Outcome:** Disciples understand their identity and God's love

WEEKS 4-6: GROWTH

Theme: How to follow Jesus **Focus:** Spiritual disciplines, prayer, Scripture, faith **Outcome:** Disciples have practices and direction

WEEKS 7-9: MINISTRY

Theme: How to serve and lead others **Focus:** Gifts, calling, sharing faith, spiritual power **Outcome:** Disciples are serving and influencing others

WEEKS 10-12: REPRODUCTION

Theme: How to multiply disciples **Focus:** Leadership, mentoring, commissioning **Outcome:** Disciples become disciple-makers

WEEKS 1-3: FOUNDATION

WEEK 1: IDENTITY IN CHRIST

Key Scripture: 2 Corinthians 5:17, Ephesians 2:10

Topics covered:

- You are a new creation in Christ
- You are adopted as God's beloved child
- Your past doesn't define your future
- Your identity is secure in Jesus
- Freedom from shame and guilt

WEEK 2: THE HOLY SPIRIT

Key Scripture: John 14:26, Ephesians 1:13-14

Topics covered:

- Who is the Holy Spirit?
- The Spirit indwells every believer
- Filling, empowering, and leading of the Spirit
- Spiritual gifts and fruit
- Living by the Spirit's guidance

WEEK 3: SCRIPTURE AND AUTHORITY

Key Scripture: 2 Timothy 3:16-17, Hebrews 4:12

Topics covered:

- Authority and reliability of God's Word
- How to read and study the Bible
- Scripture as life foundation
- Living according to Scripture
- Overcoming doubt through God's Word

WEEKS 4-6: GROWTH

WEEK 4: PRAYER AND FAITH

Key Scripture: Philippians 4:6-7, James 4:2-3

Topics covered:

- Prayer as dialogue with God
- Different types of prayer (adoration, petition, intercession)
- Connection between prayer and faith
- Understanding answered prayer
- Perseverance in prayer

WEEK 5: RELATIONSHIPS AND LOVE

Key Scripture: John 13:34-35, 1 John 4:7-8

Topics covered:

- Jesus' command to love
- Loving family well
- Loving church community
- Loving enemies
- Reconciliation and forgiveness

WEEK 6: SPIRITUAL DISCIPLINES

Key Scripture: 1 Timothy 4:7-8, 2 Peter 1:5-8

Topics covered:

- Purpose of spiritual disciplines
- Prayer, study, fasting, solitude, worship
- Service and simplicity
- Building spiritual strength
- Sustaining disciplines over time

WEEKS 7-9: MINISTRY

WEEK 7: SPIRITUAL GIFTS

Key Scripture: 1 Corinthians 12:4-11, 1 Peter 4:10-11

Topics covered:

- What are spiritual gifts?
- Discovering your unique gifts
- Using gifts in community
- Gift-based ministry
- Opportunities to serve

WEEK 8: SHARING YOUR FAITH

Key Scripture: 1 Peter 3:15-16, 2 Timothy 4:2

Topics covered:

- Crafting your testimony
- Gospel presentation
- Natural faith conversations
- Overcoming fear and hesitation
- Recognizing opportunities

WEEK 9: OVERCOMING OBSTACLES

Key Scripture: Romans 8:28-39, 1 Peter 5:8-9

Topics covered:

- Spiritual warfare and temptation
- Doubt and spiritual dryness
- Pain and suffering
- Worldly pressure and culture
- Perseverance and victory

WEEKS 10-12: REPRODUCTION

WEEK 10: YOUR CALLING

Key Scripture: Ephesians 4:1-3, Proverbs 20:5

Topics covered:

- Discovering your calling and purpose
- Ministry direction and focus
- Vocation and faith integration
- Life purpose and direction
- Living intentionally

WEEK 11: BECOMING A DISCIPLE-MAKER

Key Scripture: 2 Timothy 2:2, Titus 2:3-4

Topics covered:

- Vision for multiplication
- Selecting disciples wisely
- Being an effective mentor
- Leadership development
- Building multiplication culture

WEEK 12: COMMISSIONING AND NEXT STEPS

Key Scripture: Matthew 28:19-20, Acts 20:21-24

Topics covered:

- Your mission going forward
- Continuing spiritual growth
- Staying accountable
- Multiplying disciples
- Lasting impact

PART 4: MENTORING STRATEGIES

THE MENTORING RELATIONSHIP

Effective mentoring has four essential elements:

1. INVESTMENT

You're giving your time, wisdom, and heart. Your disciple knows they genuinely matter to you.

2. TRUST

They can be vulnerable and honest. Confidentiality is sacred. You won't reject them for their struggles.

3. CHALLENGE

You push them toward growth. You confront sin and complacency. You don't let them stay comfortable.

4. SUPPORT

You're there when they struggle. You believe in them. You celebrate their victories.

MEETING STRUCTURE (90 MINUTES)

Segment	Time	Focus
Connection	10 min	Build rapport; how was their week?
Teaching	25 min	Present the lesson; answer questions
Discussion	30 min	Process content; explore application
Assignment	10 min	Explain homework; clarify expectations
Prayer	15 min	Pray for them; provide encouragement

ASKING BETTER QUESTIONS

Questions drive growth more effectively than direct advice.

TYPES OF QUESTIONS

Reflection questions: Help them think deeper

- "What did that passage mean to you?"
- "How does this apply to your life?"

Challenge questions: Push toward growth

- "What would it look like to surrender that?"
- "What's keeping you from following through?"

Clarifying questions: Ensure understanding

- "Tell me more about that."
- "What do you mean specifically?"

Accountability questions: Maintain progress

- "How did your assignment go?"
- "Did you follow through on what we discussed?"
- "What obstacles came up this week?"

ADDRESSING STRUGGLES

Your disciple will face various struggles:

Type	Examples	Your Response
Spiritual	Doubt, temptation, dryness	Connect to Scripture; increase prayer
Relational	Conflict, broken relationships	Help them process; model reconciliation
Practical	Time, energy, resources	Problem-solve together; prioritize
Emotional	Fear, anxiety, depression	Validate; suggest resources if needed
Moral	Temptation, failure, guilt	Confront with love; point to grace

PART 5: ACCOUNTABILITY AND TRACKING

PROGRESS INDICATORS

Track growth in these four areas:

Spiritual growth:

- Knowledge of Scripture increasing
- Prayer life deepening
- Obedience to God evident
- Fruit of Spirit emerging

Relational growth:

- Relationships improving
- Greater humility and service
- Authenticity increasing
- Community involvement growing

Ministry growth:

- Actively serving others
- Using gifts appropriately
- Sharing faith naturally
- Influencing others positively

Leadership development:

- Growing spiritual maturity
- Vision for multiplication emerging

- Capability to lead developing
- Willingness to invest in others

WEEKLY CHECK-IN QUESTIONS

Each week, ask:

- How did your Scripture reading go?
- How have you been praying?
- What was your greatest growth this week?
- What's your biggest struggle right now?
- How can I pray for you specifically?

PART 6: TROUBLESHOOTING

COMMON RESISTANCES

"This is too demanding"

Response: Clarify that 2-3 hours per week is reasonable investment for transformation. Disciple-making requires commitment.

"I don't feel like I'm changing"

Response: Growth is often invisible. Look back at weeks 1-4. Notice subtle shifts. Celebrate small wins.

"I have too much going on"

Response: This requires prioritization. What needs to decrease? What's more important than your spiritual growth?

LACK OF PROGRESS

Signs of disengagement:

- Not completing assignments
- Missing meetings
- Closed off in discussions
- No apparent change
- Complaining without action

Your response:

1. Assess honestly — lack of effort or lack of clarity?
2. Communicate directly about what you're observing
3. Problem-solve together — remove barriers, adjust approach
4. Make a decision — continue with full commitment or pause
5. Don't enable — you can't want their growth more than they do

PERSONAL CRISES

When your disciple faces major crisis:

- Addiction or compulsion
- Mental health issues
- Abuse or trauma
- Moral failure
- Questioning faith itself

Connect to appropriate resources (pastor, counselor, support group). Maintain relationship. Don't abandon them. Learn from the experience.

PART 7: FROM DISCIPLE TO DISCIPLE- MAKER

RECOGNIZING READINESS

Your disciple is ready to become a disciple-maker when:

- They own their faith (not just following your lead)
- Growing character is evident (fruit of Spirit visible)
- Serving others consistently (not self-focused)
- Others seek their input (emerging influence)
- Excited about multiplication (wants to help others grow)
- Still teachable (continues learning)

COMMISSIONING PROCESS

Step 1: Affirm their growth Tell them specifically how they've changed. Celebrate their journey from the beginning.

Step 2: Cast vision Show them the need for more disciple-makers. Excite them about multiplication. Paint picture of their impact.

Step 3: Provide resources Give them this curriculum. Help them understand the process. Connect them with support.

Step 4: Pray and commission Commission them formally. Pray for their disciples. Pray for their success.

Step 5: Release them Let them go make disciples. Trust them. Maintain ongoing connection and support.

PART 8: SPECIAL SITUATIONS

DISCIPLING ACROSS DIFFERENCES

Age difference: Learn from each other; bridge generational gaps intentionally

Gender: Maintain appropriate boundaries; ensure transparency; consider co-mentoring

Racial/cultural difference: Learn their culture with humility; validate different worldviews

Socioeconomic difference: Avoid judgment; learn their world; validate their struggles

REMOTE MENTORING

Use video conferencing (Zoom, Google Meet, etc.) **Ensure good technical connection** **Minimize distractions** **Adjust for time zones** **Use shared digital documents** **Maintain personal connection**

GROUP DISCIPLESHIP

Sometimes you'll disciple 2-4 people together:

- More efficient with time
- Builds peer accountability
- Different dynamic than one-on-one
- Requires careful facilitation

CONCLUSION: YOUR DISCIPLESHIP LEGACY

The disciples you make will make disciples.

Your legacy isn't measured in:

- ✗ How many you've personally discipled
- ✗ How successful they seem by worldly standards
- ✗ How grateful they are

Your legacy is measured in:

- ✓ Changed lives over decades
- ✓ Multiplied generations of disciples
- ✓ Kingdom impact beyond your direct influence
- ✓ Faithful obedience to Jesus' command

"And the things that thou hast heard of me among many witnesses, the same commit thou to faithful men, who shall be able to teach others also." — 2 Timothy 2:2 (KJV)

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All Scripture quotations are from the King James Version (KJV) of the Bible.

This comprehensive guide equips disciple-makers with complete 12-week curriculum framework, detailed session plans, proven mentoring strategies, accountability systems, troubleshooting solutions, and practical implementation—enabling transformation of believers into disciples who multiply disciples across generations.