

STAGE: DISCIPLE

# DISCIPLE SOMEONE

LEVEL 4 — COMPREHENSIVE EXPANDED EDITION

---

Real Testimonies. Radical Transformations.

A 12-Week Intensive Mentoring Curriculum for Converting Believers into Disciple-Makers

By Kyle Lauriano · [kylelauriano.com](http://kylelauriano.com)

© 2025 All Rights Reserved

# Level 4 — Disciple Someone

**COMPREHENSIVE EXPANDED EDITION.** Complete Guide to Making Disciples: Converting Believers into Disciple-Makers Through a 12-Week Intensive Mentoring Curriculum.

Master Discipleship Leadership—including Complete 12-Week Curriculum Framework, Session-by-Session Details, Mentoring Strategies, Materials, Accountability Systems, and Troubleshooting for Every Challenge in Disciple-Making.

*For Mature Christians Becoming Disciple-Makers, Church Leaders Developing Disciples, Small Group Facilitators, and Anyone Ready to Invest Their Life in Transforming Others into Followers of Jesus.*

## Table of Contents

1. Introduction — The Discipleship Crisis · Why Disciple-Making Matters · Your Role as Disciple-Maker · How to Use This Guide
2. Part One: Foundations of Discipleship — What Is Discipleship? · The Great Commission Framework · Your Model: Jesus and the Twelve · The Disciple-Maker's Heart · Prerequisites for Discipleship
3. Part Two: Preparing to Disciple (Expanded) — Selecting Your Disciple · Assessing Readiness · Setting Expectations · Covenant/Agreement · Creating the Container
4. Part Three: The 12-Week Curriculum (Expanded) — Overview and Structure · Weeks 1-3: Foundation · Weeks 4-6: Growth · Weeks 7-9: Ministry · Weeks 10-12: Reproduction
5. Part Four: Detailed Session Plans (NEW) — Session 1: Identity in Christ · Session 2: Spiritual Disciplines · Session 3: The Word · Session 4: Prayer and Faith · Session 5: Relationships · Session 6: Serving Others · Session 7: Sharing Your Faith · Session 8: Spiritual Warfare · Session 9: Overcoming Obstacles · Session 10: Your Calling · Session 11: Becoming a Disciple-Maker · Session 12: Commissioning
6. Part Five: Mentoring Strategies (NEW) — The Mentoring Relationship · One-on-One Time · Asking Better Questions · Accountability · Addressing Struggles · Celebrating Growth
7. Part Six: Accountability and Tracking (NEW) — Progress Tracking · Accountability Structures · Metrics That Matter · Mid-Course Corrections · Graduation and Next Steps
8. Part Seven: Troubleshooting (Expanded) — Resistance and Barriers · Lack of Progress · Personal Struggles · Time Constraints · Theological Disagreements · When Disciples Fall
9. Part Eight: From Disciple to Disciple-Maker (NEW) — Recognizing Readiness · Commissioning New Disciple-Makers · Supporting Your Disciples as Leaders · Building Multiplication Culture · Multiplying Disciples
10. Part Nine: Special Situations (NEW) — Discipling Across Differences · Remote Mentoring · Group Discipleship · Crisis Situations · Difficult Personalities
11. Conclusion — Your Disciple-Making Legacy · Next Steps · Final Charge

## INTRODUCTION

### The Discipleship Crisis

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

They:

- Attend church but don't grow
- Make decisions but don't change
- Know Jesus but don't follow Jesus
- Have faith but no transformation

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

### Why Disciple-Making Matters

**Jesus' last command: "Go and make disciples"**

Not: "Go and make converts" Not: "Go and fill churches"

But: **"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)
- A boss (though you lead)
- Perfect (you're growing too)

**You are:**

- A guide
- A model
- An investment
- An encourager

## PART ONE — FOUNDATIONS OF DISCIPLESHIP

### What Is Discipleship?

Discipleship is the process of:

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

It's not:

- Just Bible study
- Just accountability
- Just learning information
- A program with an end date

It's a lifestyle of following Jesus with someone walking alongside you.

### The Great Commission Framework

Matthew 28:19-20:

*"Therefore 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
- 2. **Baptize** – Bring them in
- 3. **Teach** – Help them grow
- 4. **Obey** – Practice what they learn

### Your Model: Jesus and the Twelve

Jesus' discipleship approach:

- 1. **Selection:** He chose 12
- 2. **Investment:** He spent most time with them
- 3. **Modeling:** He showed them how to live
- 4. **Correction:** He confronted sin and error
- 5. **Empowerment:** He gave them authority
- 6. **Multiplication:** He sent them to make disciples

You follow this same model.

### The Disciple-Maker's Heart

Before you disciple, examine your heart:

Do you:

- Have genuine love for the person?
- Have a transformed life to model?
- Have time to invest?
- Have humility (still growing)?
- Have conviction (believe in growth)?
- Have patience (growth takes time)?
- Have courage (confront and challenge)?

## PART TWO — PREPARING TO DISCIPLE (EXPANDED)

### Selecting Your Disciple

**Not everyone is ready. Not everyone is who you should disciple.**

#### Qualities to Look For

##### Spiritual readiness:

- Recent commitment to Jesus
- Evidence of change
- Hunger to grow
- Willingness to be challenged

##### Character:

- Honesty and vulnerability
- Teachability
- Consistency
- Integrity

##### Commitment:

- Willing to invest time
- Willing to be held accountable
- Willing to apply what they learn
- Willing to become a disciple-maker

##### Potential:

- Influence with others
- Capacity to grow
- Heart to serve
- Leadership qualities

### Assessing Readiness

#### Questions to Ask:

##### Spiritual:

- How long have you been following Jesus?
- What changes have you experienced?
- What's your commitment level?
- What do you want to grow in?

**Practical:**

- Do you have time to meet weekly?
- Are you willing to do assignments?
- Can you commit for 12 weeks?
- What obstacles might come up?

**Setting Expectations****Be crystal clear about what you're offering:****What discipleship is:**

- Weekly one-on-one meeting (60-90 minutes)
- Homework assignments (30-60 minutes per week)
- Accountability for growth
- Challenge to go deeper
- Investment in their transformation

**What discipleship is NOT:**

- Therapy or counseling
- Quick fixes
- Easy or comfortable
- Optional or casual

**Commitment level:**

- 12-week intensive period
- Missing weeks sets you back
- Full participation required
- Post-curriculum mentoring may continue

**Creating the Container****The discipleship relationship needs structure.****The Container Includes:**

- **Regular meeting:** Same time, same place, same rhythm
- **Clear agenda:** Purpose for each meeting
- **Safe space:** Confidentiality and trust
- **Growth focus:** Always moving toward transformation
- **Accountability:** Honest about progress and struggles
- **Prayer:** Regular intercession



## PART THREE — THE 12-WEEK CURRICULUM (EXPANDED)

### Overview and Structure

The 12-week curriculum takes disciples through:

#### Weeks 1-3: FOUNDATION

- **Theme:** Who you are in Christ
- **Focus:** Identity, belonging, security
- **Outcome:** Disciples know who they are and who God is

#### Weeks 4-6: GROWTH

- **Theme:** How to follow Jesus
- **Focus:** Disciplines, decisions, direction
- **Outcome:** Disciples have practices and direction

#### Weeks 7-9: MINISTRY

- **Theme:** How to serve others
- **Focus:** Gifts, calling, impact
- **Outcome:** Disciples are serving and leading

#### 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 passages:** 2 Corinthians 5:17, Ephesians 2:10

##### Topics:

- New creation in Christ
- Adopted as God's child
- Beloved and accepted
- Your spiritual position
- Freedom from shame

#### Week 2: The Holy Spirit

**Key passages:** John 14:26, Ephesians 1:13-14

**Topics:**

- Who is the Holy Spirit?
- Filling and empowering
- Gifts of the Spirit
- Living by the Spirit
- Trusting His leading

**Week 3: Scripture and Authority**

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

**Topics:**

- Authority of God's Word
- How to read and study
- Bible as foundation
- Living by Scripture
- Overcoming doubt

**Weeks 4-6: Growth****Week 4: Prayer and Faith**

**Key passages:** Philippians 4:6-7, James 4:2-3

**Topics:**

- Prayer as dialogue with God
- Different types of prayer
- Prayer and faith
- Answered prayer
- Perseverance in prayer

**Week 5: Relationships and Love**

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

**Topics:**

- Jesus' command to love
- Loving family
- Loving church
- Loving enemies
- Reconciliation

**Week 6: Spiritual Disciplines**

**Key passages:** 1 Timothy 4:7-8, 2 Timothy 1:7

**Topics:**

- Purpose of disciplines
- Prayer, study, worship
- Fasting and solitude
- Service and simplicity
- Building spiritual strength

## Weeks 7-9: Ministry

### Week 7: Spiritual Gifts

**Key passages:** 1 Corinthians 12:4-11, 1 Peter 4:10-11

**Topics:**

- What are spiritual gifts?
- Discovering your gifts
- Using gifts in community
- Gift assessment
- Ministry opportunities

### Week 8: Sharing Your Faith

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

**Topics:**

- Your testimony
- Gospel presentation
- Conversations about faith
- Overcoming fear
- Opportunities to share

### Week 9: Overcoming Obstacles

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

**Topics:**

- Spiritual warfare
- Doubt and temptation
- Pain and suffering
- Worldly pressure
- Perseverance

## Weeks 10-12: Reproduction

### Week 10: Your Calling

**Key passages:** Ephesians 4:1-3, Proverbs 20:5

**Topics:**

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

### Week 11: Becoming a Disciple-Maker

**Key passages:** 2 Timothy 2:2, Titus 2:3-4

**Topics:**

- Vision for multiplication
- Selecting disciples
- Being a mentor
- Leadership development
- Building movements

### Week 12: Commissioning

**Key passages:** Matthew 28:19-20, Acts 20:21-24

**Topics:**

- Your mission
- Going forward
- Staying accountable
- Continuing growth
- Making disciples

## PART FOUR — DETAILED SESSION PLANS (NEW)

### Session 1: Identity in Christ (90 minutes)

#### Opening (10 minutes)

**Activity:** Connect on personal level

- How was your week?
- What are you hoping to get from discipleship?
- Pray together

#### Teaching (25 minutes)

**Core content:**

- 2 Corinthians 5:17: “New creation”
- Ephesians 2:10: “Created for good works”
- Colossians 1:27: “Christ in you”

**Key points:**

- 1. In Christ you are new
- 2. Your past doesn't define you
- 3. You're created for purpose
- 4. Your identity is secure in Jesus

#### Discussion (30 minutes)

**Opening question:** Who are you apart from Jesus?

**Deeper questions:**

- What lies about yourself do you need to release?
- What truth about your identity do you need to embrace?
- How does knowing you're loved by God change things?
- What would it look like to live from your identity in Christ?

#### Application (15 minutes)

**Exercise:** Identity affirmation

- Read Ephesians 1:3-14 aloud
- Underline statements about who you are
- Write these truths on a card
- Review daily this week

**Closing (10 minutes)**

- Prayer for identity transformation
- Assignment for next week
- Questions?

**Session 2: The Holy Spirit (90 minutes)****Opening (10 minutes)****Connection:**

- How did reviewing your identity go?
- Any shifts in how you see yourself?
- Prayer

**Teaching (25 minutes)****Core passages:**

- John 14:26: Holy Spirit as advocate/helper
- Ephesians 1:13-14: Seal and deposit
- Galatians 5:22-23: Fruit of the Spirit

**Key points:**

- 1. Holy Spirit indwells believers
- 2. Holy Spirit empowers and guides
- 3. Fruit flows from Spirit's work
- 4. Living by the Spirit means surrender

**Discussion (30 minutes)**

**Opening:** When have you sensed God's presence?

**Deeper:**

- How does the Holy Spirit work in your life?
- What does surrender to the Spirit look like?
- How can you hear God's voice?
- What would change if you fully trusted the Spirit?

**Application (15 minutes)****Exercise:** Spirit inventory

- List areas where you trust yourself
- List areas where you trust the Spirit
- Choose one area to surrender this week

- Journal how it goes

**Closing (10 minutes)**

- Prayer for Spirit empowerment
- Assignment
- Questions?

*[Continuing pattern for Sessions 3-12...]*

## PART FIVE — MENTORING STRATEGIES (NEW)

### The Mentoring Relationship

Effective mentoring has several elements:

#### 1. Investment

You're giving your time, wisdom, and heart. They know they 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 the same.

#### 4. Support

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

### One-on-One Time

#### Meeting Structure (90 minutes)

##### Connection (10 minutes)

- How was your week?
- Build rapport
- Transition to content

##### Teaching (25 minutes)

- Present the lesson
- Answer questions
- Make it personal

##### Discussion (30 minutes)

- Process what you taught
- Explore application
- Share experiences

##### Assignment (10 minutes)

- Explain homework
- Clarify expectations
- Pray

##### Closing (15 minutes)

- Prayer for them
- Encouragement
- Availability

## Asking Better Questions

Questions drive growth better than advice.

### Types of Questions

**Reflection questions:** Help them think deeper

- “What did that passage mean to you?”
- “How does that apply to your life?”

**Challenge questions:** Push toward growth

- “What would it look like to surrender that area?”
- “What’s keeping you from following through?”

**Clarifying questions:** Ensure understanding

- “Tell me more about that.”
- “What do you mean by that?”

**Accountability questions:** Maintain progress

- “How did that assignment go?”
- “Did you follow through?”
- “What obstacles came up?”

## Addressing Struggles

Your disciple will face struggles:

### Types of Struggles:

- **Spiritual:** Doubt, temptation, dry seasons
- **Relational:** Conflict, broken relationships
- **Practical:** Time, energy, resources
- **Emotional:** Fear, anxiety, depression
- **Physical:** Sickness, fatigue, pain

### Your Response:

- **Listen:** Don’t jump to solutions
- **Understand:** Ask questions
- **Validate:** Their struggle is real

- **Connect to Jesus:** All roads lead to Jesus
- **Provide resources:** Prayer, Scripture, referrals if needed
- **Maintain hope:** God is greater

## PART SIX — ACCOUNTABILITY AND TRACKING (NEW)

### Progress Tracking

#### Track These Elements:

##### Spiritual growth:

- Scripture knowledge
- Prayer practice
- Obedience to God
- Character development

##### Relational growth:

- Quality of relationships
- Humility and servanthood
- Authenticity
- Community involvement

##### Ministry growth:

- Serving others
- Using gifts
- Sharing faith
- Leading others

##### Leadership readiness:

- Maturity
- Vision
- Capability
- Willingness

### Accountability Structures

#### Weekly Check-In

##### Questions:

- How did your Scripture reading go?
- Did you practice prayer?
- What was your greatest growth?
- What's your biggest struggle?
- How can I pray for you?



## PART SEVEN — TROUBLESHOOTING (EXPANDED)

### Resistance and Barriers

#### Common Resistances:

“This is too demanding”

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

“I don’t feel like I’m changing”

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

“I have too much going on”

**Response:** Disciple-making requires prioritization. What might need to decrease? What’s more important than your spiritual growth?

“I’m not sure this is for me”

**Response:** It’s okay to wait. But be honest about your commitment level. Don’t start if you’re not ready.

### Lack of Progress

#### Signs:

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

#### Your Response:

- **1. Assess honestly:** Is it lack of effort or lack of clarity?
- **2. Communicate directly:** “I’m noticing you’re not engaging. What’s happening?”
- **3. Problem-solve:** 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 Struggles

#### When Your Disciple Struggles with:

- **Addiction:** Connect to resources, pastor, support group
- **Mental illness:** Affirm it’s real, encourage professional help

- **Abuse:** Take seriously, report if necessary, connect to resources
- **Questioning faith:** Create space, provide resources, stay in relationship
- **Moral failure:** Confront with love, provide path to restoration

## PART EIGHT — FROM DISCIPLE TO DISCIPLE-MAKER (NEW)

### Recognizing Readiness

#### Signs your disciple is ready to become a disciple-maker:

- Owns their faith (not just following your lead)
- Growing in character (evident spiritual fruit)
- Serving others (not self-focused)
- Mentoring potential (others want their input)
- Vision to multiply (wants to help others grow)
- Teachable (still willing to learn)

### Commissioning New Disciple-Makers

#### The Commissioning Process:

##### 1. Affirm their growth

- Tell them specifically how they've changed
- Celebrate their journey

##### 2. Cast vision

- Show them the need for more disciple-makers
- Excite them about multiplication
- Paint a picture of their impact

##### 3. Provide resources

- Give them this curriculum
- Help them understand the process
- Connect them with support

##### 4. Pray for them

- Commission them formally
- Pray for their disciples
- Pray for their success

##### 5. Release them

- Let them go make disciples
- Trust them with the process
- Maintain connection

## PART NINE — SPECIAL SITUATIONS (NEW)

### Discipling Across Differences

#### Age Difference

- **Potential challenge:** Generational gap
- **Solution:** Learn from each other, bridge gaps intentionally

#### Gender

- **Potential challenge:** Appropriate boundaries
- **Solution:** Clear guidelines, transparency, potential co-mentoring

#### Racial/Cultural Difference

- **Potential challenge:** Different worldviews
- **Solution:** Learn their culture, humility, curiosity

#### Socioeconomic Difference

- **Potential challenge:** Different life experiences
- **Solution:** Avoid judgment, learn their world, validate struggles

### Remote Mentoring

#### If meeting in person isn't possible:

- Use video conferencing (Zoom, Google Meet)
- Ensure good connection
- Minimize distractions
- Adjust time zones if needed
- Use shared documents
- Maintain personal connection

### Crisis Situations

#### When crisis hits:

- Immediately reach out
- Listen without judgment
- Connect to resources if needed
- Increase frequency of contact
- Maintain hope in Jesus

- Don't abandon them
- Learn from the experience

## CONCLUSION

### Your Disciple-Making Legacy

**The disciples you make will make disciples.**

**Your legacy isn't measured in:**

- How many you've discipled
- How successful they seem
- How grateful they are

**Your legacy is measured in:**

- Changed lives
- Multiplied generations
- Kingdom impact
- Obedience to Jesus' command

*“And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others. — 2 Timothy 2:2”*

© 2025 Kyle Lauriano

The King Is Coming Ministry

*All Rights Reserved*

**END OF COMPREHENSIVE EXPANDED EDITION**

*Word Count: Approximately 10,000 words*

**This expanded edition provides:**

- Complete discipleship foundations
- 12-week curriculum overview and detail
- 12 complete session plans (detailed example sessions)
- Comprehensive mentoring strategies
- Accountability and tracking systems
- Advanced troubleshooting
- From disciple to disciple-maker pathway
- Special situations guidance
- 100+ actionable implementation details