

THE DIAMOND MODEL OF DISCIPLESHIP

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INTRODUCTION

Diamond formation is a heavily debated topic with numerous theories prevailing; however, one thing is known for certain—diamond formation requires time, heat, and pressure.¹ Much like diamond formation, discipleship is a highly debated issue with numerous theories. This paper will present *The Diamond Model of Discipleship* and show the necessity of an individual’s spiritual formation occurring over time as one perseveres in faith through a disciplined life. “Without practicing the spiritual disciplines we will not be godly; but neither will we be godly without perseverance in practicing the disciplines. Even the ‘tortoise’ of a slow, plodding perseverance in the spiritual disciplines makes progress better than the ‘hare’ of a sometimes spectacular, but generally inconsistent practice.”² Heat and pressure will be shown as requirements to one’s spiritual formation as seen through the necessity of trials and suffering. Paul, in 2 Corinthians 4:16, “makes it clear that the spiritual man is to grow following the new birth.”³ Following the new birth, the Holy Spirit dwells in the life of the believer creating a “hunger for holiness” as a driving force to magnify Christ in the believer’s life and enabling the believer to become more like Him.⁴ Much like the multidimensionality of a diamond, “Christian spiritual formation describes the process of being

¹Dave Mosher, “How Are Diamonds Made,” Live Science, November 13, 2012, available from <http://www.livescience.com/32266-how-are-diamonds-made.html>; Internet; Accessed March 3, 2017.

²Donald S. Whitney, *Spiritual Disciplines for the Christian Life* (Colorado Springs, CO: NavPress, 2014), 290.

³John Caldwell, *Christian Disciplines for Spiritual Growth* (Joplin, MO: College Press, 1995), 13.

⁴Whitney, *Spiritual Disciplines for the Christian Life*, 291; Brian G. Hedges, *Christ Formed in You: The Power of the Gospel for Personal Change* (Wapwallopen, PA: Shepherd Press, 2010), 162.

restored into the image of God through Jesus Christ in its multidimensionality by the work of the Holy Spirit.”⁵ Spiritual formation begins as one accepts Jesus Christ as their Savior and Lord and occurs throughout one’s life as they live in obedience to God and in relationship with the Church through intimacy with the Holy Spirit resulting in missional living.

PURIFICATION

Refinement

Just as a diamond is refined slowly through pressure and heat—“God uses suffering to conform us to the image of Christ.”⁶ Jonah was a man of God, but when God called him to go to Nineveh he refused. Through his running from God’s call, the storm, and his time in the belly of a fish, Jonah was refined—purified to answer God’s call. Trials and suffering often come through disobedience, as they did for Jonah; but they also come at the hand of others as well as every day experiences. The life of Paul shows suffering as a part of life through his “thorn in the flesh” (2 Cor. 12), and at the hand of others with the shipwreck (Acts 27:27-28:5).⁷ Regardless of the reason for the trial, believers are refined through them as they seek to follow God’s call upon their lives. “When Jesus chose Simon, He knew that the heat, pressure, and upheavals of life's experiences would chisel a rock from a volatile man.”⁸ “When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not

⁵Diane J. Chandler, *Christian Spiritual Formation: An Integrated Approach for Personal and Relational Wholeness* (Downers Grove, IL: IVP Academic, 2014), 17.

⁶Hedges, *Christ Formed in You*, 215.

⁷Unless stated otherwise, all Bible references will be from the NIV (New International Version Bible).

⁸Stuart Calvert, *Transformed: Shaped By the Hand of God* (Birmingham: WMU, 1998), 89.

be burned...” (Isa. 43:2). “Isaiah promises that God watches over” His children as “fire transforms” them into serviceable vessels.⁹

Even still “transformation does not mean perfection”¹⁰ in the life of Jonah, Paul, Peter, and it will not for any believer. The top of a diamond can get scratched, but the beauty of what lies beneath continues to shine forth. Believers are on a lifelong journey of refinement as they dedicate their lives to follow Christ and live for his glory. Refined believers are used by the Lord to transform the lives of others. The process is often painful and full of misunderstanding, but the Holy Spirit is present throughout to encourage and comfort¹¹ believers just as He did Jonah, Paul, and Peter. “The Lord disciplines those He loves” (Prov. 3:12) “for our good, that we may share in His holiness.”¹² John 15:1-2 says, “I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit He prunes so that it will be even more fruitful.” John 15:1-17 shows the process of refinement as the Lord shapes our lives to be more like Him in order that we may bring honor to Him and service to others. Christians should find joy in the Lord’s refinement persevering in faith.

Perseverance

The world is filled with lostness and brokenness causing the lives of most, if not all, Christians to be characterized by personal suffering.¹³ “In a world ‘in agony,’ where fear aches at the

⁹Stuart Calvert, *Transformed: Shaped By the Hand of God* (Birmingham: WMU, 1998), 12.

¹⁰*Ibid.*, 72-77.

¹¹*Ibid.*, 96.

¹²*Ibid.*, 4.

¹³David Daniell, *The Obedience of a Christian Man* (Wrights Lane, London: Penguin Books, 2000), 9-12.

edges, where the human project is threatened, and where ways of truth change, religion is a key resource to confront the future with grace and hope.”¹⁴ Henrietta Mears was troubled by poor health and encouraged to discontinue her studies as the eye strain would cause blindness by age thirty, yet she persevered in the faith through dependence upon God saying,¹⁵ "I believe my greatest spiritual asset throughout my entire life has been my failing sight. It has kept me completely dependent upon God.”¹⁶ The hope Christians find in the cross allows for them to persevere through faith in the face of suffering as they recognize “both brokenness and possibilities for transformation.”¹⁷ Christians “do not keep the faith from sheer strength of will,” rather Christians are able to keep the faith through trust in God as “he understands what it is to walk in darkness.”¹⁸ “Perseverance is not the result of our determination, it is the result of God’s faithfulness.”¹⁹ The scriptures encourage Christians to suffer in faith for the sake of the Gospel. Perhaps this is seen most clearly as Peter is encouraging the church in 1 Peter 4:19: “So then, those who suffer according to God’s will should commit themselves to their faithful Creator and continue to do good” (1 Pet. 4:12-19). Faith is the basis of all spiritual formation leading believers through suffering into refinement.

¹⁴Jack Seymour, *Mapping Christian Education: Approaches to Congregational Learning*. (Nashville: Abingdon Press, 1997), 16

¹⁵O. Roe. Earl, *Dream Big: The Henrietta Mears Story* (Ventura, CA.: Regal Books, 1990).

¹⁶B. H. Powers, *The Henrietta Mears Story* (Westwood, NJ: Fleming H. Revell Company. 1957), 101.

¹⁷Seymour, *Mapping Christian Education*, 16-17.

¹⁸Eugene Peterson, *Society* (Downers Grove, IL: InterVarsity Press, 1980), 221.

¹⁹*Ibid.*, 128.

FAITH

“Every aspect of our growth in Christ is dependent upon our union with God.”²⁰ For the process of spiritual formation to begin, one must place his or her faith in Jesus Christ. Henrietta Mears said, “it is not a question of who you are or what you are, but whether God controls you.”²¹ The spirit of Christ must live inside the believer in order for the work of the Holy Spirit to form depth of discipleship.²² “Faith and obedience...are inextricably linked.”²³ Disciples of Christ must yield to the transformation of God.²⁴ Faith that is wavering slows the process of transformation as displayed in the example of Sarah.²⁵ Sarah and Abraham’s lives show believers that “transformation involves a sensitivity to hear, to trust, and to obey Gods call.” Rehab’s life shows believers that faith is costly for the Christian; yet, faith that is costly benefits others.²⁶ “Trust in God is an essential first step in transformation.”²⁷ Faith is placed in God with a moments decision; yet, trust is built as increasing faith is placed in God—trust built through intimacy.

²⁰Neil T. Anderson, *Becoming a Disciple Making Church: A Proven Method for Growing Spiritually Mature Christians* (Minneapolis, MN: Bethany House, 2016), 76.

²¹Michael Richardson, *Amazing Faith: How One Man Spent His Life Taking God at His Word*. (NY: Random House, 2000.), 40.

²²Hedges, *Christ Formed in You*, 162.

²³Mary L. Vanden Berg, “Bonhoeffer’s Discipleship: Theology for the Purpose of Christian Formation” *Calvin Theological Journal* (2009): 333-344.

²⁴Calvert, *Transformed*, 15.

²⁵*Ibid.*, 25.

²⁶*Ibid.*, 46.

²⁷Calvert, *Transformed*, 47.

INTIMACY

“The great hallmark of men and women of God through the ages has been their close walk and intimacy with Jesus Christ.”²⁸ Intimacy with the Trinity occurs as God the Father, God the Son, and God the Holy Spirit work in the life of the believer drawing him or her into close fellowship. Intimacy lies at the center of the diamond model of spiritual formation as a direct result of the workings of the God head leading to the central basis of missional living. “God in us through the person and work of the Holy Spirit transforms all dimensions of life.”²⁹ Believers should strive to create an intimate relationship with God. “The indwelling spirit fosters the process of learning so that” disciples are “transformed along with their minds, souls, hearts, and bodies.”³⁰ Jesus provides the model for believers as He “faithfully incarnated his message through his life and ministry... Jesus loved in a way that indicates the deep longings of every heart for an intimate relationship” with God and others.³¹ This type of intimacy can only occur through an ongoing prayer life, relying constantly on Christ, and resting in God.

Prayer

“Prayer is communion and communication between the Spirit of God and the spirit of man” and “is the primary means man has of drawing close to God and growing in the spiritual life.”³² Colossians 4:2 tells believers to “continue steadfastly in prayer” through an ongoing life of prayer.

²⁸LeRoy Elms, *The Lost Art of Disciple Making* (Grand Rapids, MI: Zondervan, 1978), 67.

²⁹Robert W. Pazmino, *God Our Teacher: Theological Basics in Christian Education*, (Grand Rapids, MI: Baker Book House, 2001), 87; Peterson, *Society*, 143.

³⁰Ibid., 87

³¹Ibid., 73.

³²Caldwell, *Christian Disciplines for Spiritual Growth*, 33.

Perhaps no greater example can be found of Paul's exhortation to "pray without ceasing" (1 Thes. 5:17)³³ than that of George Müller. Müller had little worldly wealth and possessions, but instead through faith expressed in prayer, relied upon the Lord's provision to provide all of his needs—without asking or expressing need to anyone.³⁴ Prayer is "listening to God" for the purpose "of entering a close, intimate fellowship with" Him.³⁵ Through intimacy, the believer becomes closer to the heartbeat of God seeing the need to become further conformed to His image, thus giving them a greater desire for their life to be directed by God (John 15:7).³⁶ Mueller's life shows the power of an intimate prayer life as God directed him to begin numerous ministries and provided for his needs in incredible ways. "Prayer is the central avenue God uses to transform us,"³⁷ adding undeniable moldability and "strength for transforming our clay vessels."³⁸ Jesus' life shows believers the importance of prayer.

"Prayer "permeated every facet of Jesus' everyday life"³⁹ providing the example of how and when His children should pray. "And in the early morning, while it was still dark, He arose and went out and departed to a lonely place, and was praying there" (Mark 1:35). Throughout scripture Jesus

³³Jan Johnson, *Spiritual Disciplines Companion: Bible studies and Practices to Transform Your Soul* (Downers Grove, IL: InterVarsity, 2009), 106-107.

³⁴George Mueller, *Autobiography of George Mueller or A Million and a Half in Answer to Prayer*, compiled by G. Fred Bergin (Denton, Tex.: Westminster Literature Resources, 2003),

³⁵Caldwell, *Christian Disciplines for Spiritual Growth*, 34.

³⁶Richard J. Foster, *Celebration of Discipline: The Path to Spiritual Growth* (San Francisco, CA: HarperCollins, 1998), 33; Caldwell, *Christian Disciplines for Spiritual Growth*, 35.

³⁷Foster, *Celebration of Discipline*, 33.

³⁸Calvert, *Transformed*, 26; Peterson, *Society*, 84.

³⁹Caldwell, *Christian Disciplines for Spiritual Growth*, 38-39.

withdrew to pray, from the choosing of the disciples to the Garden of Gethsemane—Jesus withdrew to pray gathering strength and direction from God.⁴⁰

Prayer is characterized by adoration, confession, thanksgiving, and supplication. Adoration is to bring praise to God for who He is and helps Christians identify with God through His character and creation. Confession means “to admit or declare oneself guilty”⁴¹ to God and those whom the believer has hurt to restore fellowship.⁴² Confession is an important aspect of a disciple’s prayer life as intimate relationships with God are destroyed by unconfessed sin.⁴³ Thanksgiving is to praise God for all He has done and provided. Prayers of thanksgiving help mold believers as they recognize God as the supplier of all things. Supplication is making requests known to God, helping disciples to recognize real needs for accomplishing His will, and helps them to love others more deeply through intercession. Prayer should incorporate these elements and be characterized by quiet rest.

Rest

Inward transformation does not take place hurriedly; instead, it requires disciples to disconnect from their busy lives through Sabbath rest, silence, and solitude.⁴⁴ God shows His children the importance of Sabbath rest as modeled in the creation story and throughout Jesus’s life

⁴⁰Peterson, *Society*, 84; Caldwell, *Christian Disciplines for Spiritual Growth*, 38; Foster, *Celebration of Discipline*, 97.

⁴¹Caldwell, *Christian Disciplines for Spiritual Growth*, 58.

⁴²*Ibid.*, 61.

⁴³*Ibid.*, 56.

⁴⁴Seymour, *Mapping Christian Education*, 72; Kenneth Boa, *Conformed to His Image: Biblical and Practical Approaches to Spiritual Formation* (Grand Rapids, MI: Zondervan, 2001), 32.

(Exod. 20:8-11).⁴⁵ “As we search for nourishment of our inner lives, we must learn the instructive and formative power of silence.”⁴⁶ Silence is the absence of “speaking so that certain spiritual goals might be sought” by setting one’s mind on things above as commanded in Colossians 3:2.⁴⁷ The inner workings of godly silence is perhaps best seen in the life of Zechariah (Luke 1: 5-25). Due to disbelief, God silenced Zechariah until the birth of his son in order to allow faith development. God desires for His children to listen to and receive from Him, rather than live in a constant state “of endless productivity, ambition, or anxiety.” When the chaos of life is removed, God’s children see themselves and others in light of the cross which helps them to love God and others as He commanded (Matt 22:37).⁴⁸ The inward formation of a Christian’s life takes place through the work of the Holy Spirit through silence, solitude and Sabbath, and is seen through the outward expression that takes place in missional living. The inner life and out-ward activity are intimately interrelated,⁴⁹ and both are built through the obedience of man.

OBEDIENCE

Obedience is seen in the diamond model of spiritual formation as man’s effort through the divine help of the Holy Spirit. Dallas Willard urges Christians to stop replacing obedience to Christ

⁴⁵Seymour, *Mapping Christian Education*, 66.

⁴⁶*Ibid.*, 63.

⁴⁷Whitney, *Spiritual Disciplines for the Christian Life*, 224.

⁴⁸Johnson, *Spiritual Disciplines Companion*, 37-39; Whitney, *Spiritual Disciplines for the Christian Life*, 223.

⁴⁹Seymour, *Mapping Christian Education*, 72.

with a consumption of Christian services.⁵⁰ “As disciples of Jesus, our goal is to learn to be like Him...by trusting Him to receive us as we are. But our confidence in Him leads us toward the same kind of faith He had, a faith that made it possible for Him to act as He did.”⁵¹ Believers become Christlike through discipline—“an activity in our power, which we pursue in order to become able to do what we cannot do by direct effort.”⁵² Jesus’ life shows the importance of being obedient by incorporating spiritual disciplines such as Bible study, meditation, scripture memorization, fasting, and confession, as well as, stewardship into the life of a Christian.⁵³

Spiritual Disciplines

Spiritual disciplines exist for the purpose of transformation,⁵⁴ and one’s Christlikeness is in direct correlation to the working of the Holy Spirit in the believer’s life through the disciplines. The Holy Spirit produces within the believer “the desire and the power for the disciplines”⁵⁵ as old habits and thoughts are replaced with the mind of Christ. Practicing the spiritual disciplines leads to greater intimacy with Christ and increased missional living⁵⁶ as believers deny themselves, take up His cross daily, and follow Him (Luke 9:23).

⁵⁰Dallas Willard, *The Great Omission: Reclaiming Jesus’ Essential Teachings on Discipleship*. (New York: Harper One, 2006), 51.

⁵¹*Ibid.*, 24.

⁵²John Ortberg, *The Life You’ve Always Wanted: Spiritual Disciplines for Ordinary People*. (Grand Rapids, MI: Zondervan, 2002), 47; Willard, *The Great Omission*, 86.

⁵³Willard, *The Great Omission*, 86.

⁵⁴Foster, *Celebration of Discipline*, 62.

⁵⁵Whitney, *Spiritual Disciplines for the Christian Life*, 290.

⁵⁶Greg Ogden, *Transforming Discipleship: Making Disciples a Few at a Time*, 2nd ed. (Downers Grove, IL: InterVarsity Press, 2016), 14.

In order for one to know how God wants them to live, they must first know the commands of scripture. In Romans 12:2, the apostle Paul tells readers that they are transformed by the renewal of their mind.⁵⁷ This renewal comes through the study of God’s Word as believers focus on the things of Christ as commanded in Philippians 4:8. To “know God and be godly, we must know the Word of God-intimately.”⁵⁸ What one studies “determines the kind of habits that are formed, which is why Paul urges” believers “to focus on things that are true, honorable, just, pure, lovely, and gracious” (Phil. 4:8).⁵⁹ Christians are to allow the Word of God to dwell in them in order for them to “have a better grasp of who they are in Christ” (Col. 3:16).⁶⁰

Meditation allows for believers to dwell on the Word of God. Meditation is focused concentration on the Word and image of God through “conscious, intelligent reflection of the mind on spiritual truth”⁶¹ in order to live as Christ.⁶² “Christian meditation, very simply, is the ability to hear God’s voice and obey His word.”⁶³ Joshua 1:8 commands believers to meditate on God’s Word day and night in order to carefully do all that is written in it.⁶⁴ Meditation enables believers to “hear

⁵⁷Hedges, *Christ Formed in You*, 154.

⁵⁸Whitney, *Spiritual Disciplines for the Christian Life*, 23; Johnson, *Spiritual Disciplines Companion*, 146.

⁵⁹Foster, *Celebration of Discipline*, 64.

⁶⁰Kevin J. VanHoozer, “Putting on Christ: Spiritual Formation and the Drama of Discipleship.” *Journal of Spiritual Formation and Soul Care* (Vol. 8, No2: 2015), 169.

⁶¹Caldwell, *Christian Disciplines for Spiritual Growth*, 120.

⁶²Richard J. Foster, *Study Guide For Celebration of Discipline* (San Francisco, CA: Harper & Row, 1983), 19.

⁶³Foster, *Celebration of Discipline*, 17.

⁶⁴Caldwell, *Christian Disciplines for Spiritual Growth*, 121.

God more clearly” through “listening, sensing, and heeding the life and light of Christ.”⁶⁵ Meditation should include memorization in order for scripture to be stored in the mind so the Holy Spirit can bring it to one’s attention when needed (Psalm 119:11).⁶⁶

Fasting is seen throughout the scriptures as an important spiritual discipline for the purpose of pleasing God and drawing believers closer toward Him⁶⁷ revealing “what controls believers and reminds them that they are sustained by God” (Matt. 4:4).⁶⁸ According to Richard Foster, “the central idea in fasting is the voluntary denial of an otherwise normal function for the purpose of an intense spiritual activity”⁶⁹ which leads to personal sanctification. Fasting should be “accompanied by repentance” and “prayer directed toward a specific need or purpose.”⁷⁰ Spiritual disciplines, such as fasting, meditation, and Bible study, are essential for the development of believers and result in the stewardship of one’s life.

Stewardship

“At the heart of a disciplined spiritual life is the disciplined use of time.”⁷¹ Christian giving of talent, money, and self “springs from faith” as faith is conversely “strengthened by giving.”⁷²

⁶⁵Foster, *Study Guide For Celebration of Discipline*, 19.

⁶⁶Whitney, *Spiritual Disciplines for the Christian Life*, 40.

⁶⁷Caldwell, *Christian Disciplines for Spiritual Growth*, 161.

⁶⁸Foster, *Celebration of Discipline*, 55.

⁶⁹Foster, *Study Guide For Celebration of Discipline*, 28.

⁷⁰Caldwell, *Christian Disciplines for Spiritual Growth*, 165.

⁷¹Whitney, *Spiritual Disciplines for the Christian Life*, 159.

⁷²Arthur R. McKay, *Servants and Stewards: The Teaching and Practice of Stewardship* (Philadelphia: The Geneva Press, 1963), 48.

Stewardship “affects the whole of one’s life, and the whole of their life affects stewardship.”⁷³

Stewardship is best defined in Romans 12:1 which urges believers to present their bodies as living sacrifices as they offer to God all that they are, and all that they “possess--time, talents, money, and self.”⁷⁴ Believers should also take care of their bodies which serve the mission of God, and dedicating their lives to sacrificial living for the sake of others.

RELATIONSHIP

“Relationships of love, as revealed in the Trinity, require our fulfillment of the two great Commandments-- to love God with all our heart, soul, mind, and strength and to love our neighbor as ourselves.”⁷⁵ As a result, relationship is found in the diamond model as a key aspect of missional living where the Church, through the power of the Holy Spirit, loves others. Relationships, founded on God, strengthen a believer’s faith as their identity is “profoundly reinforced in faith communities where...ways of living and responding are learned”⁷⁶ leading to increased missional living as believers help others in spiritual formation.⁷⁷ Fellowship is an important aspect in all relationships as believers seek “to share in what God has made known of Himself to others, as a means to finding

⁷³Michael McCullar, *This Hour Belongs to You*, Commentary by Dan Bagby (Macon, GA: NextSunday Resources, 2009), 22.

⁷⁴McKay, *Servants and Stewards*, 11 and 30.

⁷⁵Pazmino, *God Our Teacher*, 31; Hedges, *Christ Formed in You*, 249.

⁷⁶Seymour, *Mapping Christian Education*, 19 and 38; Hedges, *Christ Formed in You*, 249; D. Michael Henderson, *A Model for Making Disciples: John Wesley’s Class Meeting* (Anderson, IN: Francis Asbury Press, 1997), 129-130

⁷⁷Ogden, *Transforming Discipleship*, 14; Whitney, *Spiritual Disciplines for the Christian Life*, 295.

strength, refreshment, and instruction for one’s own soul.”⁷⁸ Christians “are shaped for community through community” as they worship and compassionately serve together practicing the means of grace through accountability, restoring wholeness, discovering gifts, and equipping one another (Rom. 15:4).⁷⁹

Worship

“Worship is focusing on and responding to God” and can occur alone or corporately.⁸⁰ Corporate worship takes place anytime a body of believers gathers together in the spirit of God for the purpose of glorifying God, fellowship, confession, celebration, and equipping one another. True worship, personal and corporate, leads to transformation while honoring God and blessing the believer.⁸¹ “Worship enhances our sense of community and permeates our service.”⁸² Through worshipping the Lord, believers find common ground in the love of Christ propelling them to love one another.

Compassion

Compassion is a key element in relationships characterized by a “deep love for people.” Compassion begins with humility, involves confession and forgiveness, and includes “sharing and

⁷⁸Whitney, *Spiritual Disciplines for the Christian Life*, 294.

⁷⁹Thomas R. Hawkins, *Cultivating Christian Community* (Nashville: Discipleship Resources, 2001), 27; Colin Marshall and Tony Payne, *The Trellis and the Vine: The Ministry Mind-Shift that Changes Everything* (Kingsford, Australia: Matthias Media, 2009), 45;.

⁸⁰Whitney, *Spiritual Disciplines for the Christian Life*, 104.

⁸¹Caldwell, *Christian Disciplines for Spiritual Growth*, 188-9.

⁸²Johnson, *Spiritual Disciplines Companion*, 259; Foster, *Celebration of Discipline*, 160-1.

being with people.”⁸³ “True confession and forgiveness bring joy to the Christian community and healing to the parties involved.”⁸⁴ God teaches believers about forgiveness on the cross as an example of how He forgave them and how they can forgive others. Through God’s compassion, Christians discover grace, love, “forgiveness, reconciliation, and restoration”⁸⁵ carrying the Gospel to the world through missional living.

MISSIONAL LIVING

Disciples of Jesus display, through missional living, their spiritual formation in the same way Jesus displayed servanthood outwardly because of who He was inwardly.⁸⁶ “The inner life does not exist as an end in itself but as a means to the end of doing the will of God and thus glorifying Him.”⁸⁷ As a diamond is purified by pressure and heat the more brightly it shines—as is the life of a Christian seeking holiness. “Scripture often connects purity to mission, indicating that holiness is a means of shining God’s light into a dark world.”⁸⁸ Missional living is the “result of abiding in Christ”⁸⁹ displayed, in all of its brilliance, as intimacy, obedience, and relationships bind together. The top layer of the diamond model brings man’s obedience together with intimacy through the

⁸³Kennon L. Callahan, *Twelve Keys For Living: Possibilities for a Whole, Healthy Life* (San Francisco: Jossey-Bass, 1998), 30.

⁸⁴Foster, *Study Guide For Celebration of Discipline*, 60.

⁸⁵Callahan, *Twelve Keys For Living*, 35.

⁸⁶Caldwell, *Christian Disciplines for Spiritual Growth*, 196.

⁸⁷*Ibid.*, 194.

⁸⁸David P. Setran and Chris A. Kiesling. *Spiritual Formation in Emerging Adulthood: A Practical Theology for College and Young Adult Ministry* (Grand Rapids, MI: Baker Academic, 2013), 153.

⁸⁹Elms, *The Lost Art of Disciple Making*, 56.

Trinity, and relationships in the Church together with intimacy in the trinity to form one's outer life dedicated to missional living. Out of one's relationship with Christ comes a desire to follow God's call in vocation, evangelism, and service.⁹⁰ "As we learn to use godly lenses in perceiving the world, we see according to Christian sensitivities, with compassion and generosity."⁹¹ "God works through the Church to accomplish the Divine purposes and tasks it has been assigned"⁹² through calling, evangelism, and ministry.

Calling

Calling, or vocation, refers to one's participation in the will of God through the "activity of God in the world" and through one's "response to God's invitation with their total life."⁹³ "The key is learning to perceive, understand, and respond to the presence and activity of God in the world around us and in our own lives."⁹⁴ James Fowler expresses the notion that vocation refers to the orchestration of relationships, recreation and leisure, work, private and public lives, and the gifts, energies, time, and stewardship of resources.⁹⁵ Answering God's call in the mediocre moments of life and in the monumental one's is missional living. "Vocation (which comes from the Latin word to

⁹⁰Foster, *Celebration of Discipline*, 160-1; Elms, *The Lost Art of Disciple Making*, 54-56.

⁹¹Seymour, *Mapping Christian Education*, 30.

⁹²Pazmino, *God Our Teacher*, 114.

⁹³Seymour, *Mapping Christian Education*, 31.

⁹⁴Seymour, *Mapping Christian Education*, 30.

⁹⁵*Ibid.*, 31.

call) is to be Christ's disciple and to obey everything that He commanded including the commandment to make disciples.”⁹⁶

Evangelism

“Evangelism is presenting Jesus Christ in the power of the Holy Spirit to all people in order that they may come to put their trust in God through Him, to receive Him as their Savior, and to serve Him as their King in the fellowship of His church.”⁹⁷ “Evangelism occurs whether the words of the gospel are spoken, written, or recorded,” and can be “delivered to one person or to a crowd.”⁹⁸ Christians are to let their light shine before others in order that they may see Christ as evidence of godly transformation (Matt. 5:16).⁹⁹

Ministry

“Ministry to others is the outward evidence of a heart surrendered to the Lord.”¹⁰⁰ “Ministry takes place when divine resources meet human needs through loving channels to the glory of God.”¹⁰¹ Service is “doing good for others with no thought of ourselves,”¹⁰² “motivated by an

⁹⁶Marshall and Payne, *The Trellis and the Vine*, 130.

⁹⁷Whitney, *Spiritual Disciplines for the Christian Life*, 120.

⁹⁸Ibid., 120.

⁹⁹Klaus Issler, “Six Themes to Guide Spiritual Formation Ministry Based on Jesus’ Sermon on the Mount.” *Christian Education Journal* (Series 3, Vol. 7, No. 2, 2010), 371; Whitney, *Spiritual Disciplines for the Christian Life*, 128.

¹⁰⁰Caldwell, *Christian Disciplines for Spiritual Growth*, 202.

¹⁰¹Warren W. Wiersbe, *On Being a Servant of God* (Grand Rapids, MI: Baker Books, 2007), 12.

¹⁰²Johnson, *Spiritual Disciplines Companion*, 47.

intimate, close, personal walk with the Lord,”¹⁰³ and results from “the overflow of a life dedicated to worship.”¹⁰⁴ “All Christians are ministers called and commissioned by God to give up their lives to His service, to walk before Him in holiness and righteousness, and to speak the truth in love whenever and however they can.”¹⁰⁵ Disciples of Christ serve God and others out of a motivation of love for God and others (2 Cor. 5:15). “When Christ's love controls or constrains people, they ‘no longer live for themselves but for Him who for their sake died and was raised.’”¹⁰⁶

CONCLUSION

The surface of a diamond often becomes scratched, yet its brilliance continues to shine. In the same way, Christians get scratched throughout their lives as they sin against God and others, and as others sin against them. The good news is that when disciples of Christ are completely surrendered to Him, their lives continue to sparkle through intimacy with the trinity, commitment to obedience, and sanctifying relationships in the Church. Spiritual formation relies upon a co-dependent relationship between God and man in the community of the Church. “The ultimate goal of the believer's life is to be conformed to the image of Christ” (Rom. 8:29).¹⁰⁷ *The Diamond Model of Discipleship* provides one such portrait of how believers become conformed to the image of Christ. Discipleship cannot occur without the inner workings of the Holy Spirit, nor can it occur without the

¹⁰³Caldwell, *Christian Disciplines for Spiritual Growth*, 194.

¹⁰⁴Foster, *Celebration of Discipline*, 160-161.

¹⁰⁵Marshall and Payne, *The Trellis and the Vine*, 130-131.

¹⁰⁶Whitney, *Spiritual Disciplines for the Christian Life*, 32.

¹⁰⁷Michael J. Wilkins, *Following the Master: Discipleship in the Steps of Jesus* (Grand Rapids, MI: Zondervan, 1992), 132.

obedience of man. Discipleship is best carried out through relationships as iron sharpens iron (Prov. 27:17). “The call to discipleship is thus a call to confess our allegiance to Jesus in the face of a hostile world; to serve Him and His mission, whatever the cost.”¹⁰⁸

¹⁰⁸Marshall and Tony Payne, *The Trellis and the Vine*, 42.

APPENDIX A

The Diamond Model of Discipleship



APPENDIX B

Training Objectives for *The Diamond Model of Discipleship*:

While *The Diamond Model of Discipleship* can be used for any age or gender, the following sequencing will demonstrate a plan for mentoring high school girls grades tenth through twelfth. Each area utilizes the cognitive, affective, and behavioral learning dimensions of an individual. Learning activities correspond to a student's stage of development. For example, learning activity one in each developmental area is to be accomplished during year one in order for learning activity two to build upon a basic foundation in order to be completed in year two, and so on. By the end of three years, the mentor is to use the measure of evaluation to effectively gauge the student's development in each of the discipleship areas. This evaluation will assist the mentor and student in addressing areas of potential growth as the student enters into the next life stage.

Refinement

Refinement in the life of a believer occurs as they seek God through the trials of life. God prunes believers as He shapes them for His glory. In return, refined believers are used by the Lord to transform the lives of others.

COGNITIVE

Training Objective: The disciple will study how God used pressure and trials to refine His children discovering how she can grow closer to the Lord through the process of refinement.

Biblical Basis: James 1:2-4, 2 Cor. 12, Acts 27:27-28:5, John 15:1-17

Learning Activities:

- 1) Read the book of Job
- 2) Listen to John Piper's sermon series on Job
- 3) Prepare a written summary of Job and explain how God used the trial to refine the believer.

Supporting Resources:

- 1) Bible: *True Images: The Bible for Teen Girls* (NIV) purchased from lifeway found at <http://www.lifeway.com/Product/true-images-the-bible-for-teen-girls-niv-P005506776>
 - 2) John Piper's Sermon series: <http://www.desiringgod.org/series/job-five-sermons-on-suffering>
- Measure of Evaluation:** The disciple references scripture passages and Gospel stories of individuals who God has led through life trials into refinement.

AFFECTIVE

Training Objective: The disciple will share about a particular hardship in their life that calls them into greater dependence with God.

Biblical Basis: John 15:1-2, John 15:5, Isa. 43:2, Prov. 3:12

Learning Activities:

- 1) Ask their mentor to share about a time when they faced a time of suffering and how God led them into greater dependence.
- 2) Listen to the song Diamonds by Hawk Nelson and reflect upon how God has refined her life.
- 3) Draw a pictorial representation or journal about a particular time when she experienced a hardship in life which led to greater dependence upon God and share about the experience in her small group.

Supporting Resources:

- 1) Mentor willing to share openly about a time of refinement.
- 2) Hawk Nelson's song "Diamonds" found at <https://www.youtube.com/watch?v=Yf1ARbpB0gA>
- 3) Handout that leads them through a journal entry or art paper for illustration.

Measure of Evaluation: The disciple shares openly of how God has shown her specific scripture verses in times of refinement.

BEHAVIORAL

Training Objective: The disciple will show evidence of seeking the Lord in times of trial and suffering by talking with mentors, pastors, and/or youth leaders.

Biblical Basis:

Job 2:11-3, Job 4-26

Learning Activities:

- 1) Meets with a mentor, pastor, or youth leader to establish a relationship.
- 2) Calls a help line or assists a friend in calling a help line in order to get an understanding of what is available and to decrease fears of calling in the face of a crisis.
- 3) Meets with her mentor to discuss a difficult time she has recently gone through or is in the midst of undergoing.

Supporting Resources:

- 1) Contact information for mentors, pastors, and youth leaders.
- 2) List of resources available to teens facing a crisis such as the National Youth Crisis Hotline at 800-448-4663.

Measure of Evaluation: The disciple shows evidence of thriving in the face of struggles rather than giving into negative life experiences.

Perseverance

Life is often characterized by personal suffering leading to the importance of perseverance in the life of a disciple. Disciples will learn to depend completely upon the Lord and look to Him for how He will use perseverance to develop their character.

COGNITIVE

Training Objective: The disciple will gain knowledge in the necessity of perseverance in the life of a Christian and learn what is gained through perseverance.

Biblical Basis: Ps. 23; Gen. 39

Learning Activities:

- 1) Color handout of Romans 5:1-5 and memorize the verses.
- 2) Study God's word on the topic of perseverance and talk with her mentor about what she has learned.
- 3) Comprehend the necessity and benefits of perseverance through a study on Job's life.

Supporting Resources:

- 1) Handout of Romans 5:1-5
- 2) John Piper's sermon on Romans 5:1-5 found at <http://www.desiringgod.org/messages/our-hope-the-glory-of-god>

Measure of Evaluation: The disciple has the ability to explain perseverance from a faith perspective.

AFFECTIVE

Training Objective: The disciple will share about a time she endured personal suffering and tell how God used it to grow her faith.

Biblical Basis: Romans 5:1-5; James 1:12, Col. 1: 11-12

Learning Activities:

- 1) Illustrate or write a story or poem interpreting James 1:12.
- 2) Journal about a time in which she persevered in faith in the face of suffering.
- 3) Share about her experience with a friend who is struggling.

Supporting Resources:

- 1) T-shirt with Romans 5:1-5 found at https://www.zazzle.com/olivettee_romans_5_white_text_edition_t_shirt-235985588573432033
- 2) Journal entry from mentor on the subject of perseverance.

Measure of Evaluation: The disciple is an example of perseverance in faith to all whom she shares her life.

BEHAVIORAL

Training Objective: The disciple will seek the Lord in times of personal suffering by talking with a mentor, getting professional counsel, or studying God's word faithfully persevering through life.

Biblical Basis: 1 Pet. 4:12-19; Ro. 12:12, Rev. 2:10

Learning Activities:

- 1) Act out a drama with other youth showing how Jesus endured personal suffering.
- 2) Reach out to a cancer survivor and talk to them about his or her experience with personal suffering.
- 3) Rewrite 1 Pet. 4: 12-19 in her own words.

Supporting Resources:

- 1) Drama depicting Jesus' attitude in the garden, leading to the cross, and right before death.
- 2) Cancer Survivor

Measure of Evaluation: The disciple thrives in times of suffering.

FAITH

Faith in the life of a believer is an essential first step of spiritual formation. As one surrenders to the lordship of Christ, one commits to denying themselves and following God daily.

COGNITIVE

Training Objective: The disciple will integrate her testimony with the Gospel utilizing scripture.

Biblical Basis: Jn 3:16; Acts 26:18; Mt. 3:2, 4:17; Gal. 3:11; Ro. 3:23, 3:10, 5:12, 6:23, 5:8, 10:9-10, 10:13, 10:17

Learning Activities:

- 1) Memorize scriptures that lead a lost person through the Gospel.
- 2) Write out her testimony.
- 3) Rehearse her testimony interwoven with scripture with her mentor.

Supporting Resources:

- 1) Book: *Share Jesus Without Fear* purchased from <https://www.christianbook.com/hcsb-share-jesus-without-testament-paper>
- 2) Handout found at <https://www.teenmissions.org/resources/roman-road-to-salvation/>

Measure of Evaluation: The disciple understands the foundation of faith Christ has built into her life through surrender to Him and His commands.

AFFECTIVE

Training Objective: The disciple will share her faith story with others.

Biblical Basis: Jn 3:16; Acts 26:18; Mt. 3:2, 4:17; Gal. 3:11; Ro. 3:23, 3:10, 5:12, 6:23, 5:8, 10:9-10, 10:13, 10:17

Learning Activities:

- 1) The disciple will witness a mentor sharing her faith story.
- 2) The disciple and another student will role play sharing her faith story as one plays the lost student and one the Christian.
- 3) The disciple will report to her mentor about a time that she shared her faith story.

Supporting Resources:

- 1) Handout of success stories of those coming to faith through a friends' witness.
- 2) Track or handout that they can show the unbeliever. Can be found at various outlets but a few suggestions follow: <http://www.studentdiscipleship.org/shop/evangelismtools/index.html> and/or <http://youthministry360.com/free-evangelism-tool-your-story-matters>.

Measure of Evaluation: The disciple will turn in a written report of her experience sharing her faith with a minimum of three lost persons.

BEHAVIORAL

Training Objective: The disciple will practice faithfulness by following the commands of scripture while growing in personal faith in Christ.

Biblical Basis: Jn. 1:12; 2 Cor. 7:10; Eph 2:8,9; James 2:10; 1 Jn 1:5

Learning Activities:

- 1) Follow in believers' baptism. Begin studying the *Student Survival Kit*.
- 2) Act out the story of Abraham and Issac with her small group.
- 3) Illustrate or write in her own words how she will pattern her life after Luke 9:23-24.

Supporting Resources:

- 1) Book: *Student Survival Kit: An Essential Guide for New Christians* by Ralph Neighbor purchased from Lifeway.
- 2) Handout entitled: Stories of faith.

Measure of Evaluation: The disciples life is characterized by faith.

INTIMACY**Prayer**

Prayer is ongoing communication with God leading to an intimate relationship characterized by His leading. Through prayer the disciple is led in all aspects of a surrendered life.

COGNITIVE

Training Objective: The disciple will learn to pray by memorizing the Lord's prayer and by gaining knowledge on the distinctive areas of prayer.

Biblical Basis: Mt. 6:5, 7; 1 Chronicles 16: 11; 2 Chronicles 7:14; Ep 6:18; Mk 11: 24;

Learning Activities:

- 1) Memorize the Lord's prayer and explain it in your own words.
- 2) Study the various aspects of prayer: adoration, confession, thanksgiving, supplication and compile a list of words or phrases that can be used under each category (use handout below).
- 3) The disciple will go through *The Battle Plan for Prayer* - Teen Bible Study by Stephen Kendrick, Brian Mills, and Donovan Degrie.

Supporting Resources:

- 1) Handout https://www.google.com/imgres?imgurl=https://greenleycommentary.wordpress.com/files/2009/05/prayer_model.gif&imgrefurl=https://greenleycommentary.wordpress.com/prayer-model/&h=814&w=562&tbnid=7o6HXKiMZBekSM:&tbnh=160&tbnw=110&usg=__tY8u0zLIZtPaPj7_jboaBu16Mgs=&vet=10ahUKEwiAzvv7g7TTAhVrwlQKHQ2VB9YQ9QEIKDAA..i&docid=p7HlrHtRt7GP_M&client=safari&sa=X&ved=0ahUKEwiAzvv7g7TTAhVrwlQKHQ2VB9YQ9QEIKDAA
- 2) Book listed in learning activity 3 purchased from <http://www.lifeway.com/Product/the-battle-plan-for-prayer-teen-bible-study-p005720883>.

Measure of Evaluation: The disciple will boldly pray with intentionality.

AFFECTIVE

Training Objective: The disciple will share about a time when prayer made a difference in her life and/or in the life of another.

Biblical Basis: 1 Jn 5:14, 15; Jer 29:12; Job 22:27; Mt 5:24

Learning Activities:

- 1) The disciple will share about the life of George Muller after listening to a chapter from his autobiography.
- 2) The disciple will visit the nursing home, talk to residents, and ask them to share a story of how God answered a prayer in their life.
- 3) The disciple will journal about a time she prayed for her enemy and how God restored her to a right relationship or helped her see the person with mercy.

Supporting Resources:

- 1) George Muller, *Autobiography of George Mueller, or A Million and a Half in Answer to Prayer*, compiled by G. Fred Bergin. Denton, Tex.: Westminster Literature Resources, 2003. Purchased from Amazon found at <https://www.amazon.com/Autobiography-George-Muller-Million-Answer/dp/0964755203>
- 2) Bible verses of answered prayers found at <https://bible.knowing-jesus.com/topics/Answered-Prayer>

Measure of Evaluation: The disciple's life will be characterized by valuing prayer as a way of life and the importance of setting aside designated times of prayer.

BEHAVIORAL

Training Objective: The disciple will engage in prayer and seek opportunities to pray for others.

Biblical Basis: Jn 15:7; 1 Thess. 5:17; Col. 4:2; Mark 1:35

Learning Activities:

- 1) Commit to pray daily and record prayers in a journal.
- 2) Participate in a prayer station experience.
- 3) Choose one creative way to pray for others: prayer walk, birthdays, social media call for prayer requests, etc (use resource below *Praying for Others*).

Supporting Resources:

- 1) Prayer Journal for girls purchased at <http://www.lifeway.com/Product/my-prayer-journal-P005392461>
- 2) *Praying for Others - 10 Creative Ways to Help Young People Pray* found at <http://insight.typepad.co.uk/insight/2008/07/praying-for-others.html>

Measure of Evaluation: The disciple has set aside time to pray and is praying as evident by her behavior, speech, and willingness to pray in public.

Rest

In a world full of hurry and busyness, the disciple must find time to rest and reflect upon the Lord. Spiritual formation in this area is perhaps one of the most difficult. The disciple should learn to slow down, disconnecting from the world in order to connect with God.

COGNITIVE

Training Objective: The disciple will understand why Moses and Jesus withdrew for rest and identify how the Father worked during those times.

Biblical Basis: Lk 5:16, 6:12, 9:18; Mt 14: 23, 26:39,44; Mk 1:35, 6:46, 14:35

Learning Activities:

- 1) The disciple will infer the importance of rest for her own life from a study of Moses' time in the wilderness.
- 2) The disciple will study all of the scriptural accounts of Jesus withdrawing to pray and examine what God did as a result.
- 3) Utilizing the daily time tracking sheet listed below, the disciple will identify the things in her life that are preventing her from resting and causing her to not have the time she needs to be fully devoted to Christ. The disciple will discuss this list with a trusted adult and eliminate at least one thing from her calendar.

Supporting Resources:

- 1) Activities to reinforce the profitability of Moses's time in the wilderness: http://www.dltk-bible.com/exodus/exodus_puzzles.htm
- 2) Picture of Jesus praying alone for the disciple to color and hang in her room as a reminder of Jesus resting found at <https://www.pinterest.com/pin/438678819933154337/>
- 3) Handout: What do I do?

Measure of Evaluation: The disciple can explain why Jesus withdrew to pray and understands the power behind this type of praying.

AFFECTIVE

Training Objective: The disciple will internalize the need for rest by meditating on scripture and appreciate silence.

Biblical Basis: Col. 3:2; Lk 1: 5-25

Learning Activities:

- 1) Utilizing the below resource the disciple will journey through thirty-one days of meditation.
- 2) The disciple will push her limits by going a full day in silence withdrawing from all communication both verbal and nonverbal.
- 3) The disciple will disconnect from social media for one week and journal about the effects it had on her relationship with Christ.

Supporting Resources:

- 1) Meditation Guide: *Life as a Vapor: Thirty-One Meditations for Your Faith* by John Piper purchased from Lifeway found at <http://www.lifeway.com/Product/life-as-a-vapor-thirty-one-meditations-for-your-faith-P001249687>
- 2) Social media commitment sheet.

Measure of Evaluation: The disciple values quiet moments at corporate and individual Bible study by leaving her cell phone at home, in the car, or turning it off completely.

BEHAVIORAL

Training Objective: The disciple will commit to following the Sabbath command setting aside one day a week for rest without work.

Biblical Basis: Exod. 20:8-11; Matt 22:37

Learning Activities:

- 1) The disciple will observe the Sabbath by restraining from all work type activity such as homework or cleaning her room. The disciple will read chapter ten of *Spiritual Disciplines for the Christian Life* during her day of Sabbath.
- 2) The disciple will experience an extended Sabbath by attending a youth girls retreat weekend geared towards silence, rest, and meditation utilizing the retreat guide for an individual's Sabbath.
- 3) The disciple will lead others, either her family or small group, in a day of Sabbath.

Supporting Resources:

- 1) Chapter 10 of Donald S. Whitney, *Spiritual Disciplines for the Christian Life*, Colorado Springs, CO: NavPress, 2014.
- 2) Retreat Guide for individual Sabbaths at <http://www.leadershiptransformations.org/ltistore/Retreat-Guide-Sabbath-Individual.html>

Measure of Evaluation: The disciple is actively seeking time apart from work to spend time with her Savior.

OBEDIENCE

Spiritual Disciplines

Spiritual disciplines are a prime avenue for growing in Christ. There are numerous disciplines which can be utilized for growth in godliness. While a disciple may resonate with one or two spiritual disciplines, they should find balance in activating all of the disciplines for the utmost opportunity for growth.

COGNITIVE

Training Objective: The disciple will identify and apply biblical spiritual disciplines to her life.

Biblical Basis: Phil. 4:8; Matt. 4:4; 1 Tim. 4:7; 2 Tim. 1:7; Titus 2:12; 1 Cor. 9:27; Isaiah 58; Matt. 4; Joel 2:12; Luke 2:37; Col. 3:16; Deut. 6:4-9

Learning Activities:

- 1) In-depth study of spiritual disciplines and practical application as a weekly small group or individual meeting with mentor utilizing the resource listed below by Kenneth Boa.
- 2) The disciple will summarize Jesus' fast in the wilderness and relate the spiritual disciplines observed with the results of His time of preparation.
- 3) The disciple will analyze the spiritual disciplines according to her weaknesses in an effort to identify areas she needs to focus on using the handout listed in the resource section.

Supporting Resources:

- 1) Book: Kenneth Boa, *Conformed to His Image: Biblical and Practical Approaches to Spiritual Formation*. Grand Rapids, MI: Zondervan, 2001.
- 2) Handout: Personal evaluation of one's spiritual disciplines

Measure of Evaluation: The disciple will be asked questions by her mentor regarding her knowledge and application of the spiritual disciplines.

AFFECTIVE

Training Objective: The disciple will share of a time that she grew in faith through the practicing of the spiritual discipline of scripture memorization, fasting, and Bible study.

Biblical Basis: Psalm 119: 9, 11; Joshua 1:8; Matt. 4:4; Isaiah 58; Dan. 9:3; Matt. 6:16; Col. 3:16; Josh. 1:8; Rom. 12:2; Lk. 2:52

Learning Activities:

- 1) The disciple will participate in a 24 hour fast and share what God has taught her with the group at the end of the fast.
- 2) The disciple will write a poem or essay and/or draw a picture of a recent Bible story, what God taught her through the study of scripture, and how it applies to her life. This will be done through the small group study *Holy Habits*.
- 3) The disciple will utilize the Bible listed in the resource section to help her memorize scripture each day. Once a week she will meet with her mentor to say the verse, and describe it's meaning and application for her life.

Supporting Resources:

- 1) Handout: 24 hour fast guidelines, scriptures for meditation, journal pages, and Bible study guide.
- 2) Bible Study: *Holy Habits: A Woman's Guide to Intentional Living* by Shelly Volkhardt and Marilyn Wilson purchased from Lifeway at <http://www.lifeway.com/Product/holy-habits-P005695006>. 12 week study
- 3) Hidden in My Heart Scripture Memory Bible purchase from Christian Book Distributors at <https://www.christianbook.com/nlt-hidden-scripture-memory-bible-softcover/9781414381688/pd/381688?dv=%7Bdevice%7D&en=google&event=SHOP&kw=childrens-bibles-0-20%7C381688&p=1179710&gclid=CKHJg8qQt9MCFd64wAodsMkLfQ>

Measure of Evaluation: The disciple will be excited about what she is learning and memorizing. Her faith will overflow from her heart into her life through her actions and speech.

BEHAVIORAL

Training Objective: The disciple will commit to having an intentional daily Bible study that includes prayer and meditation.

Biblical Basis: Col. 3:16; Rom. 12:2; Ep. 4:23-24; 2 Tim. 3:16-17

Learning Activities:

- 1) The disciple will observe how to study the Bible by watching her mentor engaging in Bible study. The mentor will go over the handout listed below.
- 2) The disciple will engage in daily Bible study by utilizing the resource below for teen girls that helps them learn how to study the Bible while doing a Bible Study.
- 3) The disciple will lead her mentor through her daily Bible study in order to gain follow-up and guidance in how to deepen their daily time with the Lord.

Supporting Resources:

- 1) Handout: Outline and Guidance for daily Bible study for teen girls.
- 2) Daily Bible study resource: *Open Your Bible - Bible Study Book, God's Word is for You and for Now* by Raechel Myers and Amanda Williams purchased from Lifeway at <http://www.lifeway.com/Product/open-your-bible-bible-study-book-p005757875>

Measure of Evaluation: The disciple's life will be evidenced by growing biblical knowledge and willingness to lead others in Bible study.

Stewardship

Stewardship is the dedication of one's self to God through the denial of want. From taking care of one's body to utilizing time, money, and resources well—stewardship is an essential aspect of a disciple.

COGNITIVE

Training Objective: The disciple will evaluate stewardship commands to believers regarding time, talent, gifts, and money and learn how she can be a good steward for the Kingdom of God.

Biblical Basis: Rom. 12:1; 1 Tim. 4:8; Gen. 2:15; 1 Cor. 12; Ep. 4:11; Gen. 14:19–20; Deut. 12:5–6; 2 Chron. 31:4–5; Prov.22:9

Learning Activities:

- 1) The disciple will study the cooperative program and how offerings like Annie Armstrong and Lottie Moon fund missions in North America and across the world. She and her mentor will discuss the importance of such offerings together.
- 2) The disciple will identify her spiritual gifts utilizing the resource below and note how she can use her gifts for the Lord.
- 3) The disciple will analyze her time by keeping a record of all activities over the course of one week and then discuss the use of time with her mentor.

Supporting Resources:

- 1) Handout from FUGE camps: Descriptions of spiritual gifts and a spiritual gifts inventory.
- 2) App for recording activities: ATracker - Daily Task and Time Tracking found at <https://itunes.apple.com/us/app/atracker-daily-task-and-time-tracking-lite/id522008611?mt=8>

Measure of Evaluation: The disciple will be seen using her spiritual gift/s at church, school, and/or in her community selflessly giving of her time, talent, gifts, and money for Kingdom benefits.

AFFECTIVE

Training Objective: The disciple will value good stewardship for God through the sharing of her time, talent, gifts, and money.

Biblical Basis: Gen. 28:20–22; Deut. 14:22, 15:10, 28–29; Matt. 6:1–4, 25:40; Phil. 2:5-8; Prov. 19:17

Learning Activity:

- 1) The disciple will volunteer for a mission trip and give a report about what God taught her throughout the trip to her mentor and small group upon her return.
- 2) The disciple forms a small group meeting to visit the Louisiana Baptist Children’s home discovering the love and attention these kids need.
- 3) The disciple will inspire her peers to give money to a fund she creates to purchase prom dresses for less fortunate girls in her school.

Supporting Resource:

- 1) Website: Louisiana Baptist Children’s Home found at <http://www.lbch.org>
- 2) Handout: Record keeping for prom dress donations

Measure of Evaluation: The disciple will see the desperate need of those in her community, state, and world joining in to be a world changer for the Lord.

BEHAVIORAL

Training Objective: The disciple will commit to good stewardship unto the Lord.

Biblical Basis: Rom. 13:14; 15:4; Dan. 1:8; 1 Cor. 12; Gen. 14:19–20; Lev. 27:30–34; Num. 18:26; Deut. 12:5–6;

Learning Activity:

- 1) The disciple will tithe a minimum of 10% of her earnings and/or allowance as a reaction to doing a topical study on tithing.
- 2) The disciple will give of her time by volunteering with her church, school, or community in a capacity that allows her to use her spiritual gift/s and talents.
- 3) The disciple will view health and wellness from a biblical view by evaluating the dangers of eating disorders and healthy living for teen girls. This will take place while she reads *Body & Soul* and discussing it with her mentor—one chapter a week.

Supporting Resource:

- 1) Handout: Ministry Opportunities in Your Church and Community
- 2) Book: *Body & Soul: A Girl's Guide to a Fit, Fun, and Fabulous Life* by Bethany Hamilton and Dustin Dillberg purchased from Lifeway at <http://www.lifeway.com/Product/body-soul-a-girls-guide-to-a-fit-fun-and-fabulous-life-P005691854>

Measure of Evaluation: The disciple will treat wellness, money, time, and spiritual gifts through her commitments to God-Honoring activities.

RELATIONSHIP

Worship

Worship with the body of Christ, the church, is a key part of growth in Christ. As the church comes together disciples are strengthened, encouraged, and empowered to follow God.

COGNITIVE

Training Objective: The disciple will understand the biblical command to be a part of the body of Christ in a local church and the necessity of corporate worship.

Biblical Basis: Ep. 4; 1 Cor. 12; Ps. 29, 99; Rom. 12:3-8; 1 Chron. 16:23-31; John 4:21-24;

Learning Activities:

- 1) If the disciple is not a member of the church she will join a local body and will attend their new member classes. If she is a member of a local church she will attend the new member class—even if she has taken it before.
- 2) The disciple will perform a systematic study of the purposes of the bride of Christ and the church. She will examine how the Lord puts Christians together to accomplish His will.
- 3) The disciple will read *I am a Church Member* and participate in the Bible study *Connected* both by Thom Rainer either with her small group study or individually with her mentor.

Supporting Resources:

- 1) Bible study: *Connected: My Life in the Church* by Thom Rainer purchased from Lifeway at <http://www.lifeway.com/Product/bible-studies-for-life-connected-bible-study-book-P005672342?intcmp=MTX-IAmChurchSearch-Button-Connected-20140515>
- 2) Handout: I am a Church Member commitment printed on nice paper and displayed in her room. Found in *I am a Church Member* by Thom Rainer purchased from Lifeway at

<http://www.lifeway.com/webapp/wcs/stores/servlet/OrderDisplay?intcmp=MTX-Button-IAMaChurchMember-20130509&newOrderItemId=25750081&catalogId=10001&quantity=1&status=added&langId=-1&URL=CheckoutShoppingCartView&itemNumber=005538488&storeId=10054&quickItemForm=true&ddkey=http:QuickOrderItemAdd>

Measure of Evaluation: The disciple will be a committed member of a local church.

AFFECTIVE

Training Objective: The disciple will value worship by actively sharing in the service, responding to the message, and appreciating those who lead.

Biblical Basis: 1 Cor. 12:12; Ps. 29, 100; Heb. 12:28-29

Learning Activities:

- 1) The disciple will gather testimonies from people in her church by asking the individuals what they have gained by being a part of a local church.
- 2) The disciple will journal during each worship service for one month and then share about the process with her mentor. The journal will also lead the young lady systematically in how to take notes.
- 3) By sending a thank you card, the disciple will share with her pastor or worship leader/team about how God is using worship to deepen her faith.

Supporting Resources:

- 1) Journal for note taking in a worship service: Sermon Notes Journal by Vickie M. Lutz purchased at http://www.barnesandnoble.com/w/sermon-notes-journal-vickie-m-lutz/1107881529?ean=9780984046812&st=PLA&sid=BNB_DRS_Core+Shopping+Books_00000000&2sid=Google_&sourceId=PLGoP78860#productInfoTabs
- 2) Thank you card

Measure of Evaluation: With a thankful heart, the disciple will share with her mentor, pastor, worship leader, or church body of a time when the Lord used a worship service to minister to or inspire her to follow Christ more wholeheartedly.

BEHAVIORAL

Training Objective: The disciple will discover her role in the Body of Christ as an important part of worship .

Biblical Basis: Rom. 12:3-8; 1 Pet. 3:8; Gal. 5:13; 1 Cor. 12

Learning Activity:

- 1) The disciple will meet with the church staff to determine what goes into the planning and organization of church services and Bible studies.
- 2) The disciple will volunteer to assist in a worship service by leading a prayer, reading scripture, or singing a song.
- 3) The disciple will attend Woven: A Retreat for Teen Girls in order to experience true community within a smaller subset of the Body of Christ.

Supporting Resources:

- 1) Handout: Church services and offerings

- 2) Survey: What's my role at church?
- 3) Retreat materials: *Woven* purchased from Lifeway at <http://www.lifeway.com/Product/woven-a-retreat-for-teen-girls-digital-bundle-P005587581>

Measure of Evaluation: The disciple will consistently attend and participate in worship services and small groups.

Compassion

Compassion is an extremely important element of discipleship. Disciples of Christ have an extraordinary opportunity to show the example of Christ to others as they forgive and ask for forgiveness.

COGNITIVE

Training Objective: The disciple will contrast the times in which Jesus showed compassion to others regardless of how He was treated by the religious leaders of His day.

Biblical Basis: Luke 7:13, 19:41-42; Col. 1:14; Ps. 130:4, Matt. 8:3, 16-17, 9:36, 14:14, 15:32, 20:34, 26:28, 11:28-30; Heb. 2:17, 4:15; Is. 40:11, 63:9; Mark 6:34, 8:2-3; Jn. 11:34-38

Learning Activities:

- 1) The disciple will create a pictorial representation of several scenes from Jesus' compassion ministry.
- 2) The disciple, along with her small group, will reconstruct (act out) a scene from the Bible in which Jesus showed compassion to someone including the reaction from the religious leaders.
- 3) The disciple will complete an in-depth study of the religious leaders of Jesus' day and compare it to the biblical examples of how they treated Jesus.

Supporting Resources:

- 1) Art book and colored pencils (The disciple may use images from the internet if not artistically inclined.)
- 2) Book on the religious leaders of Jesus' Day: The Pharisees and the Sadducees by Julius Wellhausen purchased from Amazon at https://www.amazon.com/Pharisees-Sadducees-Library-Biblical-Studies/dp/0865547297/ref=sr_1_1s=books&ie=UTF8&qid=1492834861&sr=1-1&keywords=9780865547292

Measure of Evaluation: The disciple will extend compassion to those she encounters because of her understanding of Jesus love for others and command for His children to love others.

AFFECTIVE

Training Objective: The disciple will appreciate God's mercy and grace as shown through His love and the love of others.

Biblical Basis: Lk 22; Rom. 15:1-3, 5-7; Ex. 34:6; Deut. 13:17, 30:3; 2 Kings 13:23; Neh. 9:17, 19, 28; Ps. 51:1, 86:15, 103, 111:4, 116:5, 119:77, 156

Learning Activities:

- 1) The disciple will listen to the sermon on God's mercy listed below.
- 2) The disciple will share of a time that someone forgave her when she didn't deserve their grace.
- 3) The disciple will journal through the resource below as it focuses on God's mercy and grace. At the end of this 17-week journey, the disciple will have written reminders of God's faithfulness that will keep her going in both good times and tough times

Supporting Resources:

- 1) Sermon on God's mercy by John Piper found at <http://www.desiringgod.org/messages/build-your-life-on-the-mercies-of-god>
- 2) Journal: *Stones from the River of Mercy: A Spiritual Journey* by Sheila Walsh purchased from Christian Book Distributors found at https://www.christianbook.com/stones-from-river-mercy-spiritual-journey/sheila-walsh/9781400277964/pd/27796Xdv=%7Bdevice%7D&en=google&event=SHOP&kw=books-0-20%7C27796X&p=1179710&gclid=CL2x_mgt9MCFQaraQodQj0HNQ

Measure of Evaluation: The disciple will have an attitude of grace and mercy for others distinguishing herself from other believers by her compassion to others.

BEHAVIORAL

Training Objective: The disciple will confess her sin against another individual and ask for forgiveness of a person she has hurt.

Biblical Basis: Lev. 19:18; Lk. 6:27-28, 37, 17:3-4; 2 Cor. 2:5-8; Matt. 5:23-24, 6:5, 14-15, 18:11-13, 21-22; Col. 3:13; Eph. 4:31-32; Rom. 12:20

Learning Activities:

- 1) The disciple will write a letter to someone who has offended them and express her love for them.
- 2) The disciple will reflect on the song "Forgiveness" and then reach out to someone she has offended and ask for forgiveness.
- 3) The disciple will meet with her mentor to discuss an experience that she reached out to someone she has offended to make amends and how Christ used the situation to grow her in Christlikeness.

Supporting Resources:

- 1) Stationary and Pen
- 2) Song Forgiveness by Matthew West found at <http://www.klove.com/music/artists/matthew-west/songs/forgiveness-lyrics.aspx>

Measure of Evaluation: The disciple's life will be characterized by her willingness to quickly forgive others and seeking forgiveness of those she offends in a timely manner.

MISSIONAL LIVING

Missional living is the outflow of a disciple's life when everything else has been accomplished within the heart of the person. If the disciple has successfully completed all of the training objectives up to this point these areas should be taking place in her life. The sections on evangelism and ministry have been previously addressed. The section on calling is unique and requires further attention.

Calling

The way a believer dedicates his or her vocation shows the extent of their christlikeness. Disciples must follow the Lord in complete surrender as they use their vocation to lead others to Christ—whether in Christian vocation or secular work. Regardless of whether the calling is one to sacred or secular work, obedience to God must be the priority.

COGNITIVE

Training Objective: The disciple will learn how she can serve the Lord through sacred and secular vocations.

Biblical Basis: Eph. 3, 4:4-7; Ex. 3:4, 28:1, 31:1-6; 1 Sam. 3:10; Mark 3:14-19; Rom. 1:1, 8:28; Col. 1:23, 3:23; Jer. 1:4-5; Amos 7:15; Acts 13:2; Titus 3:14; Matt. 25:34-36

Learning Activity:

- 1) The disciple will participate in the study *Experiencing God* for teens.
- 2) The disciple will compare and contrast the lives of individuals who are serving God in full time ministry and one who is serving God as a lighthouse in the secular context.
- 3) The disciple will explore various areas of vocation indicated by a vocation survey that determines areas of secular and sacred ministry she may be gifted and/or talented to fulfill.

Supporting Resource:

- 1) *Experiencing God*, Youth Edition by Henry Blackaby and Claude King purchased from Lifeway at <http://www.lifeway.com/Product/experiencing-god-youth-edition-leader-kit-P001288609>
- 2) Vocation survey found at <http://www.yourfreecareertest.com> and/or <https://careertech.org/student-interest-survey>.

Measure of Evaluation: The disciple's life will be fully surrendered to the Lord by observing His commands as a way of life through her vocation regardless of sacred or secular.

AFFECTIVE

Training Objective: The disciple will value relationships, recreation, and leisure as a way to carry out the commands of God in both her public and private life.

Biblical Basis: Titus 3:14; Matt. 25:34-36; Acts 6:2-3, 9:15; Rom. 1:6, 8:28; Col 3:17, 23; Acts 13:2; Mark 1:16-17

Learning Activities:

- 1) The disciple will intentionally initiate relationships with someone for the purpose of discipleship and/or evangelism as a response to reading a book on intentional christianity.
- 2) The disciple will share with her mentor about a time that she saw a need and fulfilled it—expressing key discoveries of how God worked in her life through and the individual/s she served.
- 3) The disciple will identify and join in one recreation or leisure activity where she can share the gospel, find accountability, or discover those she can mentor in spiritual formation.

Supporting Resource:

- 1) Book about intentional christianity: *Pursue the Intentional Life*: "Teach us to number our days, that we may gain a heart of wisdom." (Psalm 90:12) by Jean Fleming found at https://play.google.com/store/books/details?id=KiX0AgAAQBAJ&source=productsearch&utm_source=HA_Desktop_US&utm_medium=SEM&utm_campaign=PLA&pcampaignid=MKTAD0930BO1&gclid=CLGQ7Jyet9MCFQjmMgoddFUHIA&gclid=CPCZgJ2et9MCFVOxTwodAeMLdw

Measure of Evaluation: The disciple will live intentionally in both her public and private life in order to evangelize and disciple others.

BEHAVIORAL

Training Objective: The disciple will look for and act upon the presence and activity of God in her context.

Biblical Basis: 2 Timothy 4; Col. 1:23, 3:23; Titus 3:14; Jer. 1:4-5; Is. 6:8; Matt 10:1-4, 25:34-36; Mark 3:14-19; Rom. 1:1, 8:28; Eph. 3; Ex. 3:4, 28:1; 1 Sam. 3:10; Amos 7:15; Acts 13:2

Learning Activities:

- 1) The disciple will interview key leaders of ministries within her community and church to discover what God is doing through them.
- 2) The disciple will volunteer in at least two of the ministries she learned about through her interviews.
- 3) The disciple will discover on her own an area of ministry where God is working, tell her small group and/or mentor about it, and join in the work as an individual or group.

Supporting Resource:

- 1) List of community and church ministries/leaders with contact information

Measure of Evaluation: The disciple will live with an open heart, open eyes, and open hands.

Evangelism

The Great Commission commands believers to share the Gospel with others. Disciples of Christ are to live a life characterized by seeking the lost, sharing with them the gift of salvation, and leading them in the ways of Jesus. This area of discipleship is covered as a reaction to the other areas of the model. Ministry occurs specifically through refinement, faith, and calling.

Ministry

Disciples of Christ are active in serving both Christians and non-Christians both cooperatively and individually. Believers should dedicate time in service to the Lord in order for the Lord to stretch them in their faith relationship and use them to lead others into deeper relationship with Him. This area of discipleship is covered as a reaction to the other areas of the model. Ministry occurs specifically through stewardship and calling.

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