

# BABYBOOK

a discipleship track



Things you need to know to become a mature follower of Christ



When a baby is born into the world, one of the very first gifts they receive is a Baby Book. Such a small item may seem insignificant; but it is one of the most important documents babies need in order to ensure their health, safety, and proper development.

As part of our discipleship mission, we have created this Baby Book for you to be able to track your development in becoming a mature follower of Christ.

In this book, we have prepared for you an "immunization chart"; containing the lessons you need to learn, the milestones you need to attain, and important check-ups to measure your growth.

Our sincere hope is that this book can help you know if you are going in the right track.

And at any point if you ask "What else do I need" or "What should I do?" or "How can I grow", you can use this Baby Book as a guide to help you become the disciple God wants you to be.

### where do I start?

Discipleship is not an overnight thing. We can't expect that from the day we accept the Lord Jesus as our Savior, that we would have instant transformation to perfection.

No, it is a gradual process. It takes time, effort, and commitment.

Because of this, many Christians find themselves getting discouraged along the way – they start to feel like nothing is happening and that they aren't making any progress.

They feel stuck, stagnant, not growing.

The problem here is NOT that you are not being changed – because God promised that He is surely working in you! The problem is that we do not know how to track our growth.

Here is where the Four Chair Discipleship by Dann Spader comes in. This is based on Jesus' own strategy on how he raised disciples as recorded in the gospels. In a nutshell, there are four chairs of disciples: the Seeker, Believer, Worker, and Shepherd. Each chair has specific milestones to achieve before proceeding to the next chair. There is a step-by-step process.

And so, the best place to start is to know which chair you are in! This way, you can begin to see what areas you are already growing in and what areas you still need to work on.

take this 4 chair personal inventroy



### 4 CHAIR PERSONAL INVENTORY

write your answer in the space provided for each number. write 1 if you disagree, 2 if you're unsure, and 3 if you agree.

### chair one : seeker

1.	I believe that Jesus is the only Son of God
2.	I believe that Jesus' death and resurrection is the
	only and full payment for my sin
<i>3</i> .	I could never be able to do anything to earn my
	way to heaven
4.	I believe that the only way to God is through faith
	in Jesus
5.	I am saved by grace through faith in Jesus
6.	I am confident that I have eternal life and will be with
•	God in heaven when I die
7.	I believe that those who do not put their faith in Jesus
ai	re separated from God for eternity in hell
<i>:</i>	TOTAL

### 4 CHAIR PERSONAL INVENTORY

write your answer in the space provided for each number. write 1 if you are weak, 2 if you are improving, and 3 if you are strong.

### chair two: believer

1. I worship God and have fellowship with other
believers on a regular basis
2. I am growing in discipleship in a small group or 1 on 1
3. I am developing the priorities of Christ (loving God and
loving people)
4. I am developing spiritual disciplines in my life
5. I am a witness of my faith in Jesus to my family and
friends
6. I am serving others using my gifts and talents
7. I am spending time with God in the Word and prayer
: TOTAL
chair three : worker
1. I seek first the Kingdom of God with an eternal
perspective in life
2. I practise consistent spiritual disciplines in my life
3. I am depending on the Spirit and demonstrating the fruit of the Spirit
4. I put Jesus first in every area of life as the Lord of my life
5. I pursue relationships with spiritually lost people and
, , , , , , , , , , , , , , , , , , ,
pray for their salvation
pray for their salvation
pray for their salvation  6. I consistently share my testimony & the gospel simply and

### 4 CHAIR PERSONAL INVENTORY

write your answer in the space provided for each number. write 1 if you are weak, 2 if you are improving, and 3 if you are strong

### chair four: shepherd

1.	I am living by the spirit and submit to the leading
	of the spirit
2.	I am reflecting more and more the character of Christ
<i>3</i> .	I am committed unreservedly to the cause of Christ
4.	I am denying self, taking up my cross and am willing to
	suffer for Christ
5.	I am training those I have led to Christ and other
	believers as fishers of men
<i>6</i> .	I model a disciple-making lifestyle that encourages and
	inspires others to make disciples
7.	I have trained faithful ones who are making disciples
	who make disciples
<i>:</i>	TOTAL

#### instructions:

if your total score for a chair is less than 20, you are in that chair and need to work on items with lower scores before you can effectively proceed to the next chair.



### WHICH CHAIR ARE YOU?

Now that you have a better idea at what stage in the discipleship process you are, here is our church's progression plan to give you an idea of what you can do to level yourself up in each stage.

### please note:

This progression plan has been designed to be undergone in a small group. Yes, some of the things here are things you can do on your own. But it would be so much better, more enriching, more purposeful, and more colorful if you go through it with a group.



### why a care group?

in this group, we want you to know that we are here to provide you with a caring and loving community.

We are here to seek God together. We are here to listen to you, and to walk with you as you journey to know and believe in the Lord Jesus Christ.

First, understand that you are here because God wants you to do something wonderful in your life.

### DISCOVER YOUR PURPOSE IN LIFE

suggested activity:

### listen to testimonies of Christian conversions

whose testi	imony did you listen to?
what s	truck you the most?

what does this teach you about God's purpose for you?

### UNDERSTAND GOD'S PLAN OF SALVATION

suggested activity:

### go through a gospel tract

before you do this, prayerfully ask God to open up your heart to hear His words & what He wants to tell you

write down follow-up questions you may still have:

### chair one : seeker

second, there are some important things that you need to understand more fully

### THERE IS A GOD WHO KNOWS YOU

### **GOD CARES ABOUT YOUR IDENTITY**



### **BECOMING A CHILD OF GOD**

you have a new life in Christ

### THERE IS A GOD WHO LOVES YOU

### **GOD CARES ABOUT YOUR STORY**



### BEING FREED FROM SIN

you no longer walk in darkness

### THERE IS A GOD WHO FORGIVES YOU

### **GOD CARES ABOUT YOUR ETERNITY**

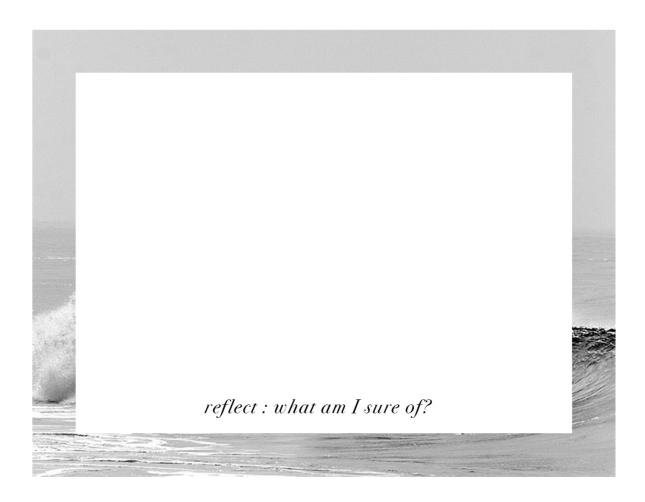


### THE REALITY OF HEAVEN AND HELL

you should prepare for life after death

### THERE IS A GOD WHO REDEEMS YOU

### **GOD CARES ABOUT YOUR SECURITY**



### BEING ASSURED OF SALVATION

you should rest on God's promises

### chair one : seeker

third, there are certain things you have to experience

### ATTEND WORSHIP SERVICE

english service 7am / 8:30am chinese (hokkien) service 10am

have you seen God?

reflect

DATE ATTENDED:

# ATTEND PRAYER MEETING wednesday night 8pm yutiam hall saturday morning 7am yutiam hall have you talked with God? reflect DATE ATTENDED:

### ATTEND A FELLOWSHIP

have you met God's family?

reflect

DATE ATTENDED:

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an ,		
	JOIN AN OUTREACH PROGRAM	000
-1	have you seen God's faithfulness?	1
**		
4		
	reflect	
	DATE ATTENDED:	

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fourth, there are some questions you need to answer

what is	faith	and	why	is	it necessary	y for	our	salvation	)
	.,		J			,			

how is knowing Jesus different from just knowing about Him?

why is Christianity not just a religion but a relationship?

### chair one : seeker

finally, it's time for you to make some life-changing decisions

# SURRENDER YOUR LIFE TO JESUS CHRIST AS YOUR LORD AND SAVIOR

(	counselling
	name of counselor:
	date:

notes:

### BE BAPTIZED AS A PROFESSION OF YOUR FAITH AND COMMITMENT

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instructor :
date of classes :

notes / testimony:





### why a growth group?

congratulations! you have already received the most precious gift you will ever get - eternal life! in this group, we are here to put our faith into action. Let us help each other through prayer and accountability as we commit to grow in our faith and godliness

First, understand that if your Christian growth is important to you, you have to invest in it.

commitment:

COUNT THE COST





commitment:

CARRY THE CROSS

### **chair two** : *believer*

second, we need to go through the discipleship plan of Jesus

JESUS' CALL: "FOLLOW ME"

### FOLLOW JESUS' PLAN

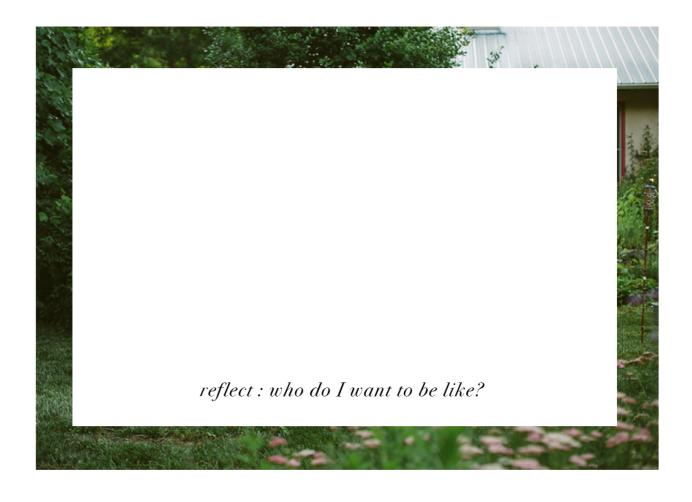


### **OBEDIENCE TO GOD'S COMMANDS**

fulfilling the Great Commandment

### JESUS' PERSON: MAN CALLED JESUS

### FOLLOW JESUS' EXAMPLE

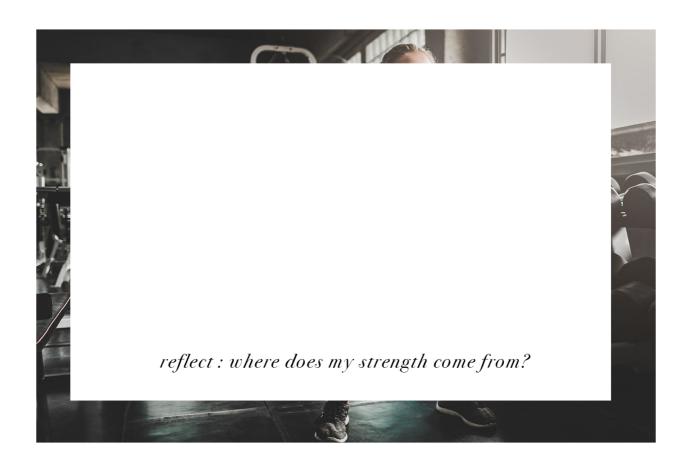


### TRANSFORMATION TO GOD'S LIKENESS

pursuing holiness, overcoming worldliness

JESUS' POWER: THE HOLY SPIRIT

### FOLLOW JESUS' ATTITUDE



### SUBMISSION TO GOD'S CONTROL

depending on God, prayer, and word

### JESUS' PURPOSE: THE KINGDOM OF GOD

### FOLLOW JESUS' PRIORITIES



### STEWARDSHIP OF GOD'S GIFT

using your 3 Ts: Time, Talents, & Treasures

### chair two: believer

third, there are basic disciplines you need to develop

### PRAY REGULARLY

start a prayer journal

sample entry:





### HAVE QUIET TIME DAILY

set consistent time for reading & reflection

time:

reading plan:





### STUDY DILIGENTLY

join bible study classes / seminars

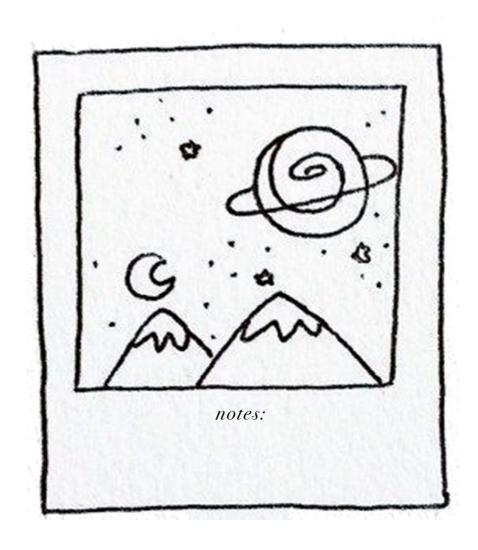
classes / seminars attended:



### WITNESS INTENTIONALLY

### share your faith with someone

snap a picture together when you're done and post them here!



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what is obedience and why is it necessary for our growth?

what differentiates a Disciple from a Christian?

respond: why is Christianity full of dos and don'ts?

### chair two: believer

finally, there are two crucial markers of your growth

### A VIBRANT WORSHIP LIFE! YOU LOVE GOD WITH ALL YOUR HEART

ete wo		
name of c	counselor:	
da	te:	

notes:

# AN ACTIVE SERVICE IN THE CHURCH! YOU LOVE OTHERS AS YOURSELF

take your spiritual gift inventory test



get involved in a ministry

ministry name :

ministry head:

my commitment to this ministry:



### why a support group?

the Christian journey is a lifelong process. in this group, we are here to bear with one another. as iron sharpens iron, so should we refine one another through encouragement and sharing life together as we pursue spiritual maturity and character transformation

First, understand the two-pronged aspects of being a mature follower of Christ.

# spiritual maturity: DOING GOD'S WILL

take:

# SPIRITUAL GROWTH ASSESSMENT

by life way



# spiritual maturity: INTIMACY WITH GOD

participate in prayer & fasting



# **chair three** : worker

second, we need to go deeper into the heart of Jesus

# THE PRAYER AT GETHSEMANE

JESUS' FOCUS: GOD'S GLORY



TRUSTING GOD'S HEART

pleasing God

# THE HIGH PRIESTLY PRAYER

JESUS' PASSION: WORLD EVANGELISM



LOVING GOD'S PEOPLE

international relationships

# THE WASHING OF THE DISCIPLES' FEET

JESUS' DESIRE: SHEPHERD THE FLOCK

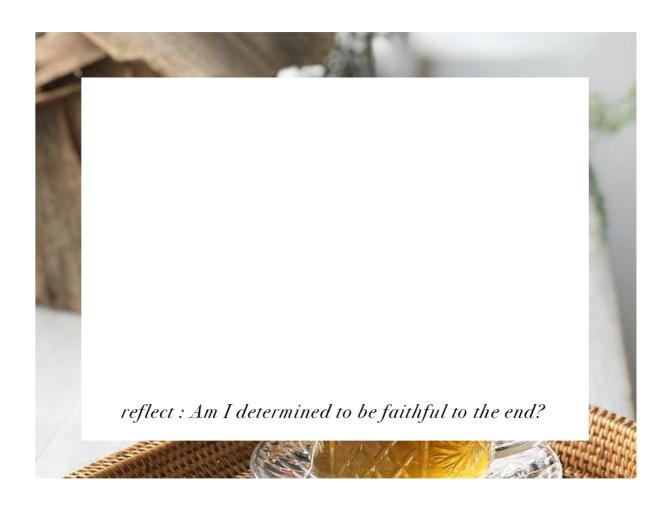


SERVING GOD'S BODY

building up the church

# THE PRAYER AT THE CROSS

JESES' OUTLOOK: THE GREAT COMMISSION



PERSEVERING IN GOD'S MISSION

trials & temptations

chair three: workers

third, there are certain tendencies we need to guard ourseleves against

# **BLIND FAITH**

zeal without knowledge

# DOGMATIC FAITH

information without transformation

# HYPOCRITICAL FAITH

ritual without reality

# DEAD FAITH

devotion without discipleship

# chair three: workers

fourth, there are some questions you need to answer

what character traits of a pharisee do you see in yourself?

what does it mean to live in the center of God's will?

what makes the cross the heart of a Christian life?

# chair three: workers

finally, there are two rewards of spiritual maturity

# YOU HAVE FOUND YOUR LIFE'S CALLING AND ARE PURSUING IT PASSIONATELY

undergo pastoral counselling



# YOU ARE LIVING OUT A GOOD TESTIMONY THAT POINTS OTHERS TO CHRIST

join leadership community

# EMERGENCY VERSES

Jesus called us to be light in the world.

That's why as Christians, we do not shrink away nor isolate ourselves. We go to the world and shine the light of Jesus there.

But admittedly, there will be days when the world's darkness may overshadow our light and when the voices in the world may cloud our ears from hearing God's voice.

In cases of such emergency situations, here are some verses you can call onto for help!



#### **UPSET**

Cast your burden on the Lord, and He will sustain you; He will never permit therighteous to be moved.

Psalm 55:22

#### WEAK

The Lord is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold.

Psalm 18:2

# LONELY/DEPRESSED

The Lord is my shepherd; I shall not want. Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me.

Psalm 23:1, 4

#### GUILTY

The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is your faithfulness. For the Lord will not cast off forever.

Lamentations 3:22-23, 31

#### WORRIED

But seek first the kingdom of God and His righteousness, and all these things will be added to you. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Matthew 6:33-34

# IN DANGER

I will say to the Lord, "My refuge and my fortress, my God, in whom I trust." For He will deliver you from the snare of the fowler and from the deadly pestilence

Psalm 91:2-3

### **NEED ENCOURAGEMENT**

Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

Joshua 1:9 b

### FEEL UNLOVED

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8:38-39

## IN NEED

And my God will supply all your needs according to the riches of His glory in Christ Jesus.

Philippians 4:19

#### LOSING HOPE

May our Lord Jesus Christ Himself and God our Father, who loved us and by His grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

2 Thessalonians 2: 16-17

#### **SEEKING PEACE**

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

John 14:27

## FACING TEMPTATIONS

No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it.

1 Chorinthians 10:13

# ST. STEPHEN'S PARISH

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