



Thriving *and helping others do the same*

God's purpose for you is that you might know Him, that you might follow Him, and that you might share His great goodness with others.

*"So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness."
(Colossians 2:6-7)*

That's thriving!

Thriving in God doesn't mean that you are experiencing perfection and bliss in every area of your life. We'll have to wait for heaven for that! But, simply put, God wants us to grow. A stagnant spiritual life is not only bad for you but it's of little blessing to others, and certainly doesn't bring glory to God.

So let's get thriving...

This little booklet outlines how growing in your faith can happen in our Church context. Keep in mind, growth happens in all sorts of ways: in your own times with God, in being part of a house church, in coming along to Celebration, in attending other church related events or by linking in with other opportunities beyond our church. In this resource we have focused on how you can grow 1) through your own study 2) through a regular time with another Christian, either one-on-one, or in a small group.

Being a disciple of Jesus is all about following Jesus and helping others do the same. We want you to see this resource as something you can use as a *disciple* and as something that will assist you in making disciples. A weekly or fortnightly catch up, with one or two, or three others, over 3-6 months will be of immense value to you and to them. Don't be a slave to suggested resources. Be creative and keep the goal in mind: to follow Jesus and help others do the same.

Ian and Katherine

There is an aspect of discipling called mentoring. Mentoring is a more formal agreement between the mentor and the mentee in order to grow in specific areas or develop certain skills. Mentoring others requires a certain skill set and isn't for everyone. However, discipling others, as presented in this booklet, is within the reach of most Christians. (All mentoring is discipling, but not all discipling is mentoring.)

A Practical Guide to Helping Others Thrive

Foundations, Check In and Resources

Foundations are key areas of growth that we would expect to see in the life of a growing Christian. It begins with initial interest and acceptance of Christ as Lord and Saviour. From there the journey really begins but it doesn't follow a strict order or pattern. Everyone is different and grows at different rates in different ways. But for the purpose of this exercise we have tried to put these key areas of growth into some sort of natural flow. You can use this next section to review your own growth and get a birds eye view of what help the person you are discipling may need.

The **Check In** section is a diagnostic tool to assess what you and others have yet to grasp: intellectually and experientially. It is framed as questions. It is not a test. It is not a competition. It identifies areas where growth is needed. It is designed with a rough chronology in mind, however, you don't have to start with the first item on the list. With this in mind, use the list as a prompt to highlight areas of particular need. Don't feel overwhelmed with how much you or the person you are discipling needs to grow. Just go at the pace that's right for you! There is no normal, and no-one is perfect – we are all growing!

The **Resources** Section provides a list of highly recommended resources to aid you and those you disciple. Each foundation marker is tied to one or more resources. The checklist can be used to firstly identify what resources are appropriate. The checklist can later be used to ensure that the resource used has adequately integrated the needed information and life change. Some resources are suitable for self study, some as one on one, others in a small group, others in an organised course or equipping event of some kind. There are also a number of additional resources listed on the website.

Supplementary Ruach booklets available to help you thrive

- Memory Verse Sets 1-3
- Glossary of Christian Terms
- Pursuing Healing & Wholeness Through Prayer & Ministry
- "Growing Through Mentoring" and "Mentoring: What do we talk about" (for formal mentoring relationships rather than general discipleship)

Foundations

Initial interest

“How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? And how can anyone preach unless they are sent? As it is written: “How beautiful are the feet of those who bring good news!” (Romans 10:14-15 NIV)

Initial interest happens prior to someone accepting Christ. Your relationship with others is key in cultivating that interest. Before anyone makes the decision to live their life in restored relationship with God they need to be aware, curious and interested in the possibility. This might take the shape of questions about the idea of God, spirituality, or the meaning of life. It might be a specific interest in Jesus. It might be through looking for help with relationships, parenting, addictions, illness, or a lack of meaningful community in their life. As a Christian, you have an important role when someone is expressing an interest. You can help them explore the difference a relationship with Jesus makes.

For others, the discipleship journey will begin in the context of a Christian family, where they experience the power of life with Christ being lived out daily.

Acceptance of Christ as Lord and Saviour

We are made right with God by placing our faith in Jesus Christ. And this is true for everyone who believes, no matter who we are. For everyone has sinned; we all fall short of God's glorious standard. Yet God, with undeserved kindness, declares that we are righteous. He did this through Christ Jesus when he freed us from the penalty for our sins. (Romans 3:22-24 NLT)

Accepting Christ as Lord and Saviour is a response to the work of the Holy Spirit. It means making a decision to no longer live in Satan's kingdom of darkness but in God's kingdom of light. There are some important concepts for people to grasp as they make this transition: sin, grace, repentance + faith, and the centrality of Jesus' life, death and resurrection in bringing new life. The Holy Spirit is given to the new believer giving assurance of God as Father and the promise of eternal life.

Commitment to Living as a Disciple of Jesus

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. And surely I am with you always, to the very end of the age.” (Matthew 28: 19-20)

Commitment to being a disciple (or a follower or apprentice) of Jesus shouldn't be an added extra in a Christian's life. It really is part of the conversion decision. Baptism is the sign of entering into this new life of reliance on God the Father, Son and Holy Spirit through Jesus. Discipleship is a commitment to obeying what Jesus said, to learn to live in the kingdom of God, and being continually transformed to become more like Jesus through the power of the Holy Spirit. It is sharing the good news of the availability of this life with others. It is about making disciples and equipping them to make disciples too. It is about being led by the Spirit to make a difference in this world; loving ones neighbour as oneself.

Grafted into a Body of Believers

Now you are the body of Christ, and each one of you is a part of it.
(1 Corinthians 12: 27)

In order to thrive in God's purposes for us God places us in community. The church is the community of all believers and functions as the body of Christ. Each believer needs the church and the church needs each believer in order to thrive. It is in the context of Christian community, large and small, that we grow and help others to grow through loving, accountable relationships. We are able to discover and develop our God given gifts and use them in everyday life to bless the Lord, one another, and the wider world.

Cultivation of an Ongoing, Personal Relationship with God

I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. (John 15:15)

Spending time alone with God, listening, praying, worshiping, and reading his word are essential to developing and maintaining a close relationship with him. Engaging in regular spiritual disciplines (such as fasting, silence, journaling), creates a greater openness for the transforming work of the Holy Spirit to operate.

Growing in Freedom in Christ

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit. (2 Corinthians 3:17 -18)

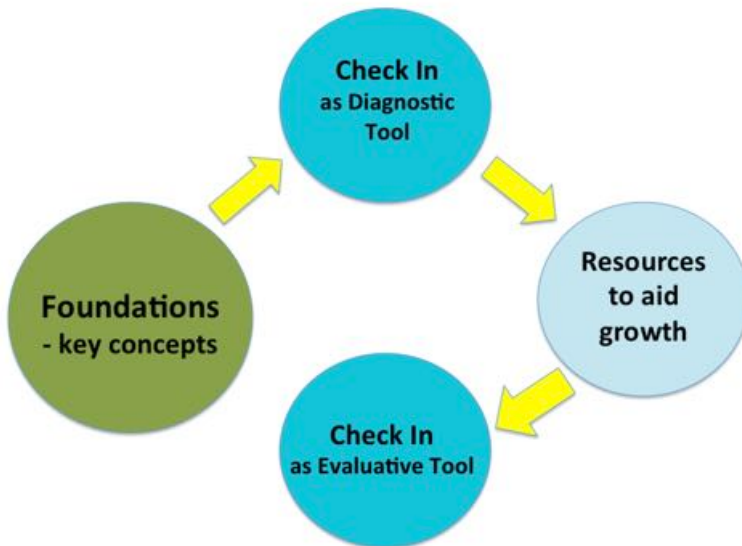
As disciples of Jesus we enter into a world of freedom where true healing & wholeness becomes possible. Through the indwelling Holy Spirit our will, spirit, heart, soul and mind are continually transformed to be more like Christ. As disciples, we also become more aware of the spiritual battle that exists. What Jesus has done enables us to walk in

freedom from guilt, from resentment, and from spiritual strongholds. However, some strongholds may require specific prayer, ministry or counselling to release us into the freedom that Christ has already won for us.

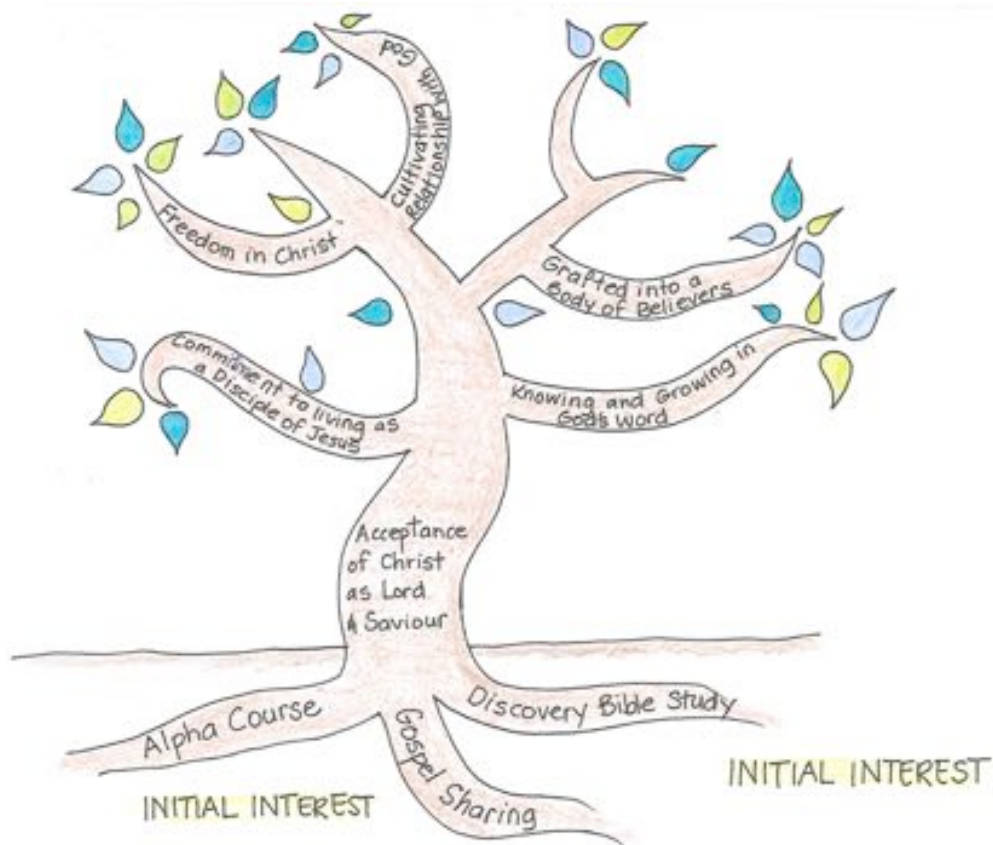
Knowing and Growing in the Foundational Truths of God’s Word

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work. (2 Timothy 3: 16-17)

The Bible is the record of God’s revelation of Himself. It is God’s word to humankind in every age and culture. In it God communicates foundational truths regarding his character, mission, and his desire for reconciliation of his creation with the creator. Through reading, obeying, studying and applying the word of God as revealed through the Bible we are encouraged and equipped to live the good life God desires for us.



Planted and Thriving in the Kingdom of God



Check In

Initial Interest

When you are reaching out to someone:

- Are you praying for that person and asking others to pray too?
- Have you told them your story of life with Jesus?
- Have you given them a Bible or a Gospel to read?
- Have you asked whether they are interested in reading the Bible with you?
- Have you connected with them in their world?
- Is there a Christian based course or resource that they might find interesting or helpful? Eg. Alpha, Marriage, Parenting, a particular book?
- Many belong before they believe. Have you introduced them to other Christians and involved them in Christian community?
- Have you invited them along to Church or Mens/Womens events?
- Have you offered to pray for them?
- Have you shared the gospel with them?
- Have you invited them to make a commitment to accept Jesus and become his disciple?

Acceptance of Christ as Lord and Saviour

For those who have made a salvation/conversion decision:

- Do you know who Jesus is and the claims he made concerning himself?
- Can you express the significance of Jesus' life, death and resurrection?
- Do you understand the effect sin had on your relationship with God?
- Do you understand the importance of grace in finding a relationship with God?
- Do you understand the concepts of repentance and faith?
- Are you conscious of the power of the Holy Spirit at work in your life?
- Have you accepted God's offer of salvation in Christ and asked him to be your Lord?
- Have you rejected the Devil and all his works?
- Are you confident of God's unchanging love for you and that your eternal future with him is now assured?
- Are you choosing to live life now as a disciple (follower, apprentice) of Jesus?

Committed to Living as a Disciple of Jesus

For all disciples of Jesus:

- Have you been baptised?
- Have you shared your story (testimony) about the impact the Good News of Jesus has had on you with others and invited them to experience the same?
- Could you, and have you, explained the basic gospel message to someone showing interest?

- Have you begun reading the Bible and talking to God?
- Is your life characterised by obedience to what Jesus said?
- How are you growing in love for God and people?
- How have you changed to be more like Christ in the last 3 months? At school? In the workplace? At home? Among friends?
- In what way would you like to be transformed to be more like Christ in the next 3 months?
- Who are you helping or equipping to grow as a disciple of Jesus?
- Have you identified where you could serve in a practical ministry or by social action?

Being Grafted into a Body of Believers

For all disciples of Jesus:

- Have you joined a house church or equivalent small church community?
- Are you regular in attending a public worship service?
- Can you explain the importance of meeting together in church life (worship, preaching/teaching, using your gifts, serving God in the world together)?
- Has anyone discussed the vision, values, structure and practices of Ruach with you?
- Is there any baggage from past church or Christian experience that you need to deal with?
- Are you in, or developing, transparent relationships of mutual nurture and accountability with at least one or two others on a regular basis?
- Are you aware of your God given spiritual gifts, talents, passions, abilities and experiences and how they can be used to serve God and others?
- Do you give regularly to financially support the work of the local church and beyond?
- How are you involved in serving others in and out of church?

Cultivating an Ongoing, Personal Relationship with God

For all disciples of Jesus:

- Do you regularly spend time reading God's word and applying it to your life? (Devotional Bible reading)
- Are you confident that you are able to hear the voice of God?
- Do you live life under the direction and power of the Holy Spirit?
- How do you worship God in your personal life?
- Do you know how to pray?
- Do you spend time in personal prayer for yourself and others?
- How would you say you most easily connect to God (contemplation, word, music, nature etc)?
- Are you familiar with and engaging in Spiritual disciplines ('spiritual training') on a regular basis?
- Have you ever been on a personal spiritual retreat of at least 24 hours?

- How do you seek out opportunities for further growth? (conferences, courses, podcasts, reading?)

Growing in Freedom in Christ

For all disciples of Jesus:

- Are you walking in daily victory through the power of the resurrection, the Holy Spirit and God's Word? (Believing God's truth not Satan's lies.)
- Have you identified particular strongholds in your life where you constantly face defeat, discouragement or fear?
- Are you able to daily put your faith in God whatever your circumstances?
- Do you struggle with guilt about any area of your past or present life?
- Do you struggle with resentment and unforgiveness?
- Do you struggle with any addictions?
- Do you have any conditions or illnesses that you would like to ask God to heal?
- How have you given opportunity for the Holy Spirit to illuminate and deal with past spiritual damage, life junk, strongholds and woundings? (eg. "Set Free" course or other specific ministry)
- Have you sat down and discussed with a mature Christian the areas where you need greater freedom and sought wisdom as to what they might suggest?
- Are you in need of specific pastoral care and/or professional help to work through personal or relational issues? Have you spoken to someone about this need?

Knowing & Growing in God's Word

For all disciples of Jesus:

- Do you have an appropriate version of the Bible for study purposes? (eg. NIV, ESV, NLT).
- Are you spending time studying God's word regularly? (Beyond devotional style reading)
- Have you got a grasp of how the whole Bible fits together?
- Do you know where to access resources to help you study and understand the Bible on your own?
- Would you like to do a basic course in key biblical foundations and/or the story of God as revealed in Scripture?
- Do you know where to access specific Bible study groups or courses beyond the local church?
- Have you ever read the Bible right through?
- Have you memorised any verses of Scripture in the last month and applied them to your life?

RESOURCES

Legend

W – Web. Go to ruach.org.au. Then to ‘Resources’ tab, click, ‘Thrive’.

Here you will find all web based resources. Some are downloadable, others are links to external sites.

O – Office. These are resources available through the office. Ring 8002 0044 or email katherine@ruach.org.au

Not all resources are in stock. Let us know what you need and we will order it in if required. Some books are available as ebooks via Amazon.

E – Event. Contact the office or look at the calendar on our website for dates and details

In regard to context, much of the material can be done on your own, but it is also suggested that you meet each week or so with someone to debrief and sort through any questions or issues that arise.

The resources below are highly recommended. All are worth working through for every person at some point. There are also a number of additional resource listed on the website. These will be added to & amended as time goes on. There are books, YouTube clips, articles, links to helpful websites, and more. We encourage you to take a look. You can also borrow books from the Ruach library. Of particular interest is an expansive biographical section of inspiring Christian men and women down through the ages.

Foundation	Resources	Context
Initial interest	Discovery Bible Studies (W)	1:1 or small group
	Alpha Course, DVD + Booklet (O)	10 week course
	<i>Questions of Life</i> , Book by Nicky Gumbel (O)	1:1 and/or self study
	Alpha Parenting, DVD + Booklet (O)	5 week course
	Alpha Marriage, DVD + Booklet (O)	7 week course
Accepting Christ as Lord and Saviour	P.E.A.C.E plan, Business Card and Doc (W)	1:1
	<i>Why Jesus</i> , Booklet by Nicky Gumbel (O)	Self Study
	Alpha Course, DVD and Booklet (O)	10 week course
	<i>Questions of Life</i> , book by Nicky Gumbel (O)	1:1 and/or self study
	Memory Verses Set 1: Foundations (W)	Self study

Committed to living as a follower of Jesus	<i>Thrive – for new Christians</i> , (50 days of devotions) Matthew Jacoby (O)	Self study, 1:1
	<i>The Life You’ve Always Wanted</i> , John Ortberg. Book and/or DVD+Booklet (O)	1:1, sm group and/or self
	<i>Helping Others Thrive</i> Booklet (O)	Self Study
	Sharing P.E.A.C.E (W)	Self, group
	Memory Verses Set 2: Kingdom Life (W)	Self Study
Grafted into the Body	<i>Getting Your Bearings</i> Orientation Session, (E)	Single Group meeting
	<i>Purpose Driven Life</i> , book by Rick Warren Parts 2 and 4, (O)	self , 1:1, small group
Cultivate ongoing personal relationship with God	Choose a Daily devotional guide such as: Everyday with Jesus, Thrive series, Daily Bread, My Utmost for His Highest – numerous back copies avail (O)	Self
	Retreats, personal and guided (E)	group, self
Freedom in Christ: Journey of healing and wholeness	Set Free course (E)	Weekend course
	<i>The Steps to Freedom in Christ</i> , book by Neil Anderson (O)	Self, 1:1
	Memory Verses Set 3: Spiritual Warfare (W)	Self Study
	Personal Prayer Ministry is offered in Ruach or referral for prayer or counselling can be arranged.	
Know & Grow in the foundational truths of God’s word	LENS course - Morling College - 6-24 mths online course. (W)	Self (at your own pace) + small group
	Memory Verses Set 1 – 3, if not done previously (W)	Self
	Big Picture Course, 16 x 30min sessions, DVD + Booklet (E)	Generally 8 week course
	Bible in a Year reading plan (W)	Self
	<i>How to Read the Bible for All It’s Worth</i> , book by Gordon Fee (O)	Self, 1:1
	<i>Christian Belief</i> book by Wayne Grudem (O)	Self, 1:1

See also the list of supplementary Ruach booklets listed on page 3 of this booklet.

Website: www.ruach.org.au