

Chapter 4

Triggers for Disciple Making

The Triggers for Disciple Making are a collection of ordered Bible Studies designed as a simple tool to trigger a disciple making experience in one of four stages of development --- the emerging disciple, the maturing disciple, the reproducing disciple, and the networking disciple --- resulting in new disciple makers, new Discipling OutPosts, and new churches in your own Jerusalem, Judea, Samaria, and the uttermost parts of the world. As such they are designed as a piece of the Multiplying Church Initiative strategy.

1) Design Elements

- a) Integration of tasks: Jesus taught by his disciples by modeling behavior. For example, they observed his praying and learned from a model. In the Triggers, large blocks of time are not necessarily given to developing certain disciplines such as how to study the Bible; instead, the disciple learns to study the Bible by being integrated in Bible Study and observing the example of the Disciple Maker as well as gradually beginning to lead the Bible Study himself (On-the-Job-Training). The integration of tasks into the discipling process enables the process to move rapidly.
- b) Disciple sensitive: rather than being curriculum driven, there are multiple choices appropriate to the individual disciple's development. The Disciple Maker should evaluate the individual disciples in a particular group to determine which Topic is appropriate for attention at any particular session. In other words, the Triggers provide for personalized response to unique needs in a group.
- c) Rapid: A new believer in India planted 42 churches in a single year. No one told him he was too spiritually immature to do so. The point is simple: discipling should encourage and facilitate the rapid deployment of contagious believers; the process doesn't need to take nearly as long as we have made it take.
 - i) The material is intentionally foundational; it is not comprehensive; nor can it be and be true to its multiplying objective.
 - ii) The longer the process becomes, the more informational it will become as opposed to applicational. Rapidity calls for on-the-fly discipling.
 - iii) No more than 26 weeks are spent in the process after reaching the Maturing Disciple Stage.
- d) Biblically driven: the disciple maker must keep himself out of the spotlight and direct the spotlight to the text of the Bible.
 - i) The model is to let the Bible speak for itself; in a sense to let it become the Teacher.
 - ii) The disciples must come to understand and appreciate that authority resides in the Word and not in the leader. If he ever thinks anything other than that, he will likely conclude that he "can't do it. Too much expertise is required." Therefore, reproducibility goes right out the window.
- e) Life application/ immediate obedience not information: Jesus instructed his band of disciple makers to "teach them to obey." The obedience portion of that instruction is the function of the Practical Response.
 - i) The Practical Response is a recommended assignment to act upon the message discovered in the Trigger texts. It is not the only possible action, e.g., each Discipling OutPost group can draw their own conclusions or reach individual conclusions to act upon. In order for the disciples to learn to develop their own applications and follow them through to obedience it is important that the group be occasionally offered the opportunity to reach their own Practical Response to act upon as a group. Even here there is flexibility; there may be no group Practical Response at all on a given week. The Practical Response can also be individualized.
 - ii) The disciple who applies the knowledge this week, in fact, sets in motion the possibility for reproduction to begin sooner than later. First, life application brings observable life change but then quickly moves to life transfer activities such as witness and discipling.
 - iii) If the disciple does not do the assignment, do not move forward to the next Trigger. To do so is to "teach to not obey" and initiates the easy hear-ism that gathers information and never acts upon it. That can not become the culture of the Discipling OutPost or you are sunk. Such a culture will never produce a reproducing disciple. So, if the disciple does not do the assignment:

- (1) Review the verses from the Trigger in question.
 - (2) Ask, "what do you think that this teaches us to do?" Let the authority of the Word speak (not you).
 - (3) Clarify the assignment.
 - (4) Role play it.
 - (5) Assign it again without adding another Trigger.
 - (6) Peer pressure can help at this point; use it judiciously. This is the beginning point of encouragement and support systems for good work. Provide a checkoff point before the week is complete to help the "guilty" disciple catch up on the assignment. If he doesn't the whole group stays on the same assignment. If the actions are never taken, consider whether the "disciple" should continue with the group.
- f) Availability: The Bible is the primary resource; the Triggers are intended to be a low cost substitute for curriculum that can be expensive, inaccessible, and complicated. As the Disciple Maker hands the Triggers off to the disciple, it should be 3 hole punched and ready to go in a simple notebook that will accompany the disciple to each session. They are intended to be copied and handed off for purposes of disciple making.
- g) Ordered Development: The disciple systematically develops in a logical and progressive fashion from a to b to c to d and so on all the way to z as opposed to a disjointed and hit and miss approach that might go b to j to q to c, etc. While not every disciple will start at the same place or need the same triggers, it is the objective for the disciple maker to move every disciple toward the same general conclusion --- a point at which they are able to mature on their own, reproduce the Christ in them in others, and network in a fellowship of believers. The Triggers are intended to not be random or hit and miss but rather systematic and intentional. The Disciple Maker has a general design for each week and yet there remains flexibility with the specifics.
- 2) The goal of the Triggers for Disciple Making is not to teach everything (with a comprehensive result) that the Disciple Maker knows or that he believes would be nice for the disciples in his OutPosts to know; rather, the goal is to equip disciples with the basic skills and spiritual realities (foundational) to continue making discoveries as they go on to make new disciples.
- 3) Essential Trigger Tips
- a) The Disciple Maker should know the disciples in the Discipling OutPost --- where they are in the journey --- what needs, weaknesses, deficiencies, challenges, etc. the disciple maker faces. A good learning/sharing context between the discipler and the disciple are essential to facilitate this point.
 - b) The Disciple Maker should identify the available Triggers the one Trigger that is appropriate to address the stage of development the disciple is facing on any given week in the process. Naturally, this will change from week to week; you can expect to observe a general/ broader range of needs to be addressed with the OutPost. It makes sense to work within that general area (called here a Set) before moving on to another Set of studies.
 - c) The Disciple Maker should get familiar with all the various Stages and Sets and Topics comprising the Triggers:
 - i) Emerging Disciple Stage: (about becoming a disciple) The seed germinating in the heart and breaking through the soil. Emerging Disciple Sets are:
 - (1) The Jesus Experiment: Assembled for scientifically minded but biblically illiterate Chinese students on a state University campus and offering the experiment, "if you seek Me, then you will find Me." It includes a variety of studies with an apologetic tone suitable especially for Post Moderns and others with no Bible background or faith experience.
 - (2) Characteristics of an Emerging Disciple: Assembled to help a potential disciple understand what attitudes Jesus expected of a disciple so that the disciple can measure his attitude as an emerging disciple by them.
 - (3) The God of the Bible: Assembled to give an overview of the nature of God to the biblically uninformed.
 - (4) Simple Gospel: Assembled to provide a substantial context for the disciple to understand the Good News; this set presents a different aspect of the Gospel message over the span of four Triggers; it establishes a platform for the disciple to come to faith in Christ; in

addition, its inclusion in this material, conveys that evangelism is a part of the larger process of making disciples.

- (5) Stories of the Bible: Assembled to provide a chronological overview of major historical events and thematic topics that communicate the story of God from creation to today.
 - (6) Jesus, Up Close and Personal: Assembled to give a more detailed look at the person and work of the man, Jesus. Unique to this set is the lack of multiple focus texts. This set allows the disciple to look intently at one story of Jesus at a time.
 - (7) God's Purpose in the World: Assembled to give the emerging disciple a first look at what in the world God is up to and how it involves mankind.
- ii) Maturing Disciple Stage: (about growing a disciple) The seedling increasing in dimension and strength. Maturing Disciple Sets are:
- (1) Seven Commands of Jesus: Assembled to introduce the maturing disciple to a life of obedience by listing seven foundational kingdom instructions that Jesus gave his own followers to obey.
 - (2) The Newness of Life: Assembled to provide a new believer a solid grip on what is new about his life in Christ. The new Christian should come out away from this set with clarity about his Christian experience that sets him on a certain and glad course of new life in Christ..
 - (3) Characteristics of a Maturing Disciple: Assembled to help a new disciple understand how he can live and think in order to move himself along as a disciple. These characteristics address the fatigue and increasing excuses that disciples encounter along their journey
 - (4) Kingdom Truths: Assembled to lock in to the mind of a growing disciple certain key Bible doctrines about God, Man, Church, and Salvation.
- iii) Reproducing Disciple Stage: (about multiplying a disciple) The mature plant yielding fruit after its own kind. Reproducing Disciple Sets are:
- (1) Characteristics of a Reproducing Disciple: Assembled to help a reproducing disciple understand what attitudes will enable him to increase his effectiveness in making other disciples.
 - (2) Witness: Assembled to assure a disciple that he has what it takes (including authority, testimony, and ability) to be a witness for Christ.
 - (3) Disciple Making Principles: Assembled to equip a reproducing disciple with foundational concepts to understand what disciple making is and with guidelines for how to go about it.
 - (4) All People, All Places: Assembled to expand the vision of the reproducing disciple to include the total global impact Jesus had in mind, e.g., Jerusalem, Judea, Samaria, and the uttermost parts of the earth.
 - (5) Gospel Themes: Assembled to diversify the approaches a reproducing disciple might take in sharing the Gospel with a non-believer. The themes communicate the Gospel message from varying biblical perspectives offering different vantage points from which its contents can be understood and received.
- iv) Networking Disciple Stage: (about congregationalizing a disciple with others) The harvest linking together in fellowship and ministry. Networking Disciple Sets are:
- (1) Characteristics of the Networking Disciple: Assembled to help a networking disciple understand what attitudes and conditions will enable him to enhance his experience in fellowship with other disciples.
 - (2) Church: Assembled to overview church in the New Testament in such a way as to cause the Discipling OutPost to recognize its likenesses to the New Testament church and to even further identify with it.
 - (3) One Another: Assembled to give the Discipling OutPost guidance in the very practical matters of personal relationships with one another. Not only will this section problem solve, it will also help to problem prevent the church wrecking threats of poor interpersonal relationships.
 - (4) Some Benefit From You: Assembled to demonstrate to a group of disciples who may not know what it is to be "on their own, without others," that there are definite advantages of

- being in fellowship with other disciples. This is intended to further encourage the disciples in the Discipling OutPost to remain together as a church.
- d) The Disciple Maker should review the Topics that comprise each of the Sets; they address specific needs that a disciple will encounter; in addition, the Topics will engage the disciple in specific new behaviors. A profile of the Topic can be gleaned by reading the Observation and Practical Response for each Trigger Topic (see the Triggers).
 - i) While there are more than 120 Topics listed among the Triggers, it is not expected or even desired that all or even most of them will be used. Selection of appropriate Topics is very important. Which ones are and which ones aren't used is determined by the Disciple Maker for disciples in a given Discipling OutPost.
 - ii) The Topics represents a catalogue of disciple making studies from which the Disciple Maker will select the appropriate Trigger.
 - (1) Selectivity allows the Disciple Maker to personalize the process. (From beginning to end the Disciple Maker should communicate that the process is about the people not the material. The people are primary and the material is secondary. The Disciple Maker is building people not teaching curriculum or running a program).
 - (2) Selectivity of topics also allows the Disciple Maker to provide for rapid deployment of a new disciple maker without creating the impression that there is an endless supply of information to learn before a disciple can become a new Disciple Maker.
 - (3) Timing consequently becomes important. The goal is to develop a disciple in approximately 26 weeks from the beginning of the maturing stage to the end of the networking stage. This is no magic number; it could be more or less, but probably very little more or less. The goal is turn the entire process around with a new multiplier in rapid fashion. It should be observed that the timing clock does not tick in the emerging disciple stage. People enter that stage with varying levels of interest, experience, Bible knowledge, and hunger. Some might be ready to receive Christ; some might not have a clue who Jesus is. Consequently, the timing factor is a non-issue in the emerging disciple stage. It will take as much or as little time as necessary. The Disciple Maker can't hurry someone to faith.
 - e) The Disciple Maker should Meet with the disciples in the Discipling OutPost at least once a week and move through the Discipling OutPost agenda. It is possible that alterations can be made in the schedule. Don't panic. Remember people before form. Adjust the schedule as necessary; stick as closely to the weekly pattern as possible.
 - f) It is likely that the Disciple Maker will share a new Trigger each week. It is possible that more than one Trigger can be used if the Disciples in an OutPost seem responsive to more rapid progress. This can occur by handing out two or more Triggers in one setting each week or it can occur by handing out 1 Trigger at OutPosts that meet more than once a week.
 - g) The Disciple Maker should see the Trigger handout as a tool that the disciple will use to eventually lead a new group of disciples. This practice and message are very important for building in the reproducing gene. These gentle words to disciples in the Maturing Stage and beyond can bring affirmation as you hand off the Trigger: "hang on to this because the time will come very soon when you will be using it to lead a group of disciples just like this."
 - i) The disciple must understand your objective to make disciple making disciples and your confidence in him to fulfill your objective.
 - ii) He must also recognize your preparedness to assist him in achieving the objective of being a Disciple Maker.
 - h) Use stepping stones: Certain ones of the Triggers are pivotal in the development of the disciple because they include a Practical Response that yields a discipline or practice important to the further development of the process. Like stepping stones across a creek, these particular Triggers are important to incorporate in the shaping of the disciple.
 - i) Agreement to work: Jesus Experiment
 - ii) Read Bible: Jesus Experiment
 - iii) Trusting Jesus: Simple Gospel
 - iv) Baptism: Seven Commands
 - v) Prayer: Seven Commands
 - vi) Read more Bible: New Doctrine

- vii) Testimony: Testimony
- viii) Disciple Making
- i) Do not give the entire Trigger material to the Disciples in the group at any one time. The Triggers are best metered out so as to not overwhelm the participants:
 - i) The typical pattern will be to give out one Trigger per week
 - ii) After completion of a Stage (e.g., Emerging Stage) and in affirmation of progress of the disciples in the OutPost, it may be appropriate to provide the disciples with copies of the Triggers that have not been completed as a part of the regular Discipling OutPost meetings, e.g., so that the emerging disciple makers can begin to share Triggers with their own potential disciples. E.g., when moving on to Maturing Disciple, give out the Triggers in Emerging Disciple that were not completed as a group so that the group has all of the Emerging Disciple Triggers.
 - iii) The web site also contains the entire catalogue of Triggers; any disciple anywhere should be able to secure the Triggers that he will need to develop the next generation of disciple makers.
- j) Utilizing other elements on the Trigger page
 - i) Practical Response --- You don't have to use the Practical Response listed with each Trigger but it is there to remind you to always send the disciple away with something else to do.
 - ii) Memory Verse
 - (1) Expect excuses
 - (2) The Disciple Maker must also memorize
 - (3) Create fun games to ease the stress and drill on certain verses
 - (4) Suggest helps
 - (a) Double use of time
 - (b) Familiar place
 - (c) Memory cards
 - (d) Brag on successes; watch the stack of verses increase. Celebrate milestones: e.g., 25, 50 verses.
 - (e) Review previous verses each week at home and in the OutPost as time allows
 - (5) Additional texts are provided with many of the Focus Texts. The additional texts are provided for the disciple to study away from the group in addition to the Focus Texts; they also supplement the awareness of the Disciple Maker with other relevant passages to the Topic.
- 4) Mastering the questions
 - a) Importance: The inductive questions are fundamental to the success of the Discipling OutPost experience. Do not outsmart the process by teaching the text rather than asking the questions.
 - i) They provide the training for a disciple to learn to do his own Bible Study.
 - ii) They place authority in the Word of God and not in a teacher. The Word speaks with authority as it is discovered through the use of the inductive questions.
 - iii) They affirm the stated objective of the Disciple Maker that everyone in the Discipling OutPost can facilitate a new Discipling OutPost. No one has to be a Bible scholar to share what they have previously learned themselves. Rather than creating dependency upon a "Teacher" for his "superior" wisdom and knowledge and rather than creating the false impression that no one but the highly or professionally trained is qualified to lead a Discipling OutPost, the inductive questions lead to self discovery of Bible truths; in addition, the inductive questions open doors for new leadership to emerge quickly for the next generation of disciples. Viz., no one has to go off to seminary to lead a Discipling OutPost. Instead, he needs only to be able to ask the questions which lead to the true meaning of the text.
 - b) The questions:
 - i) Background Questions
 - (1) To whom was the text written?
 - (2) What was the occasion of the text?
 - (3) What was God communicating? What did the text mean to the original audience? What does it mean now?
 - (4) How does the text relate to the verses around it?
 - (5) Are there other scripture passages shedding light on this passage?
 - ii) Observation Questions

- (1) Who
 - (2) What
 - (3) Where
 - (4) When
 - (5) How
 - (6) Why
- iii) Application Questions: “All scripture is God-breathed and is useful...” (2 Timothy 3:16) for:
- 1) Teaching: what we should know,
 - 2) Rebuking: what we should avoid doing or stop doing,
 - 3) Correcting: what we should do differently, and
 - 4) Training: what we should begin or continue to do
- iv) Participative Questions
- (1) What do I like about this passage?
 - (2) What do I dislike about this passage?
 - (3) What do I not understand?
 - (4) What do I learn (the text says) about God?
 - (5) What do I learn (the text says) about mankind? (myself and others)?
 - (6) What is one thing I will meditate on or memorize?
 - (7) What is one thing I will apply to my life?
- v) *FAITH* Questions
- (1) Is there a *favor* to seek?
 - (2) Is there an *action* to take?
 - (3) Is there an *idol* to forsake?
 - (4) Is there a *truth* to learn?
 - (5) Is there a *hope* to claim?
- vi) Accountability Questions
- (1) Agree on *when* they will obey
 - (2) Discover together *when* it will be difficult to obey
 - (3) Discuss *where* they will be when they obey
 - (4) Identify to *whom* will they teach what they have learned
 - (5) Discuss to *whom* they will report progress
 - (6) *How* did you do ? Review progress the next week
- c) Hints for asking Effective Questions
- i) About the text, ask questions which have an answer in the text. Avoid asking questions about the text which promote speculation. (e.g., what you think he meant when he said...) The key is to let the disciple make the simple discoveries which are available to be made from the text so that the truth of the text is unambiguous and clear.
 - ii) Guide listeners to particular places in the text for the answers (e.g., the beginning of verse 4) to your questions.
 - iii) Do not answer your own questions. Wait on them and/or assist them to find the answer themselves.
 - iv) Ask questions which lead the disciple to restate the words of the text (e.g., say “God so loved what”); Ask questions which emphasize a point. (!)
 - v) It may not be necessary to review every part of every selected verse. Neither is it necessary to review every verse. Identify in advance of the meeting the key parts of verses which need to be considered to accomplish the discipling objective and/or which will be most easily grasped by the disciple. Ask questions to help them see the answers for that discipling objective.
 - (1) As you learn this process, write who, what, where, etc. over words in your Bible as a reminder to you when you lead the study. This will enhance your Bible study skills also.
 - (2) Commend the disciple when they begin to mimic your questions with their own. Answer their questions with another question which directs them back to the text. Be careful that you don’t allow the disciple to create dependency upon you as the “answer man” and they learn to regard the text as the authority.
 - (3) Remember that your questions are teaching them an inductive Bible study method which they can use in their own studies and which will be the model for future disciple making groups.

- (4) Intersperse one kind of question with another kind where it is appropriate. It is appropriate to raise application questions during the course of the study. It is not necessary to wait until the end to ask the application questions.
- (5) Not all questions need to be asked each time. A good measure for effective questions is: does this question help me to understand the text. There are certain logical questions which naturally cross the mind as you read a passage, (e.g., if the text read “Unless I wash you, you have no part in me,” it is essential to know who the pronouns refer to.
- (6) Some answers may seem obvious to the long time Bible reader. You will find they are not always obvious to the new disciple. One of the benefits of the use of inductive questions is that it slows the eye down to see more certainly the words on the page. Rather than moving by words and phrases with little more than a glance, the questions will concentrate attention on important elements of the text which enlighten and enrich the understanding of the disciple.
- (7) Watch the eyes of the disciples. You should be able to tell when they “get it.” At that point, move on to the next verse. Remember, that you are not asking questions to exercise your vocal chords. You are guiding the disciple to see for themselves the truths of the Word. When they see it, move on. If they don’t, ask another question.
- (8) Restating a previously asked question adds emphasis and is a valuable way to communicate the importance of particular words and concepts.