



# Discipleship Starter Kit

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DISCIPLESHIP STARTER KIT

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## DISCIPLESHIP STARTER KIT

# Introduction to the Discipleship Starter Kit

Hi There!

I am THRILLED you have downloaded this Discipleship Starter Kit and are ready to take your discipleship efforts to the next level! Seriously-if I could see you face to face I would give you a big hug and a high FIVE!

For each woman who has a desire to pour her life into others I want to be there-cheering you on to feel uplifted and encouraged in your journey! I also want you to have all the resources you need to move forward with confidence.

Below is an expanded description of each of the items in this Starter Kit and how I believe each item can be used to enhance your discipleship journey!

### **Making the Connection**

This form is used when a church or organization needs to start a discipleship ministry from scratch and may have numerous people to pair up. In this form women choose to be a discipler or a disciple.

In many situations women already know who they want to disciple-might be a friend who keeps asking them spiritual questions or a gal in her Bible study she sees has leadership potential, etc. If that is the case this form is not needed.

### **About your Disciple**

The discipler uses this questionnaire to get to know her disciple better on their first meeting together. It covers topics such as: family, work, hobbies, goals, etc. It also explores where a woman is in her spiritual walk with God.

I like this resource because I love starting the discipleship journey with something personal. This questionnaire gets her talking, you learn more about her and she feels you are really trying to connect. I usually share an encouraging verse at the end of the time together and pray for her. I try to remember to bring her favorite snack the next time we meet to show her I thought of her!

### **Discipleship Commitment**

This helps both women in the discipleship relationship have clear expectations of what the discipleship journey will be like. It explains the need to be committed for the 10 week duration (or however long you choose). In the past, when things are not going well, I have pulled out the discipleship commitment to re-go over it to see if the disciple still wants to be committed to the journey with me.



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### Introduction (cont.)

Also, it is helpful for women to know what they are signing up for. Many discipleship relationships last for years-this is mainly used at the beginning of the journey.

#### **Discipleship Weekly Planner**

Having a clear plan keeps me on track and prepared. I am a planner at heart so this type of schedule comes naturally to me but others are thankful for this daily checklist.

It contains items such as: confirming your next appointment, sending a text message that you are praying for your disciple, preparing the lesson you will teach on your next discipleship appointment, etc. Also included are ideas for fun activities to do outside of the weekly discipleship appointment to enhance your relationship!

I always use my book *Start Here Six Foundational Lessons for Growth in Christ* when starting to disciple a woman to ensure she has all the basic lessons for growth covered. I also explain to her to take good notes along the way-as her copy of Start Here will become her leaders guide when she discipless women in the future! Get your copies of Start Here for you and your disciple at [LoriJoinerMinistries.org](http://LoriJoinerMinistries.org).

#### **Discipler Evaluation**

This is a great tool to help you evaluate your discipleship efforts over the past 10 weeks and use the information to make changes in your discipleship journey. We can always be improving. I have evaluated myself countless times over the years and made adjustments where needed. I like to go over this with another woman who is discipling someone or in women's ministry of some sort. Getting other's thoughts and ideas has helped me over the years tremendously.

#### **Discipleship Evaluation**

This helpful document opens the door to conversations about the future of the discipleship relationship and any needed adjustments moving forward. Talking through the questions in this form can be a good place to address any difficult issues with your disciple if needed. Make sure you have this conversation IN LOVE.

I have an entire chapter on how to have hard conversations in my book *Discipling Women* (Chapter 8). She may also suggest she needs a discipler who she "clicks with" or who has a similar history as her. DO NOT take this personally. Several women I have discipled have become lifelong friends and others have truly benefited being paired up with someone else You can get your copy of *Discipling Women* at [LoriJoinerMinistries.org](http://LoriJoinerMinistries.org).



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## Making the Connection

Our desire is that each woman has the opportunity to grow in her relationship with Christ through discipleship. Discipleship is a journey whereby one woman invests her life into another and they both grow to look more like Christ as a result. This short form will help us pair you with another woman to begin this exciting journey!

Name:

Address:

City:

State:

Zip:

Email:

Cell:

Other:

Date of Birth:

- -

Age:

Circle One: Single - Married - Widowed

### Check one:

I would like to disciple someone. Please share briefly about your decision to invest in another woman.

I would like to be discipled by another. Please share briefly about your decision to want to be discipled.



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## Making the Connection (cont.)

Is there anything you would like to share about yourself that would be good to know to pair you with another woman the best we can?

Are there any topics you hope could be discussed or that you have questions about during your discipleship time?

Please briefly describe your spiritual journey.

In Matthew 28:19-20, Jesus said, "Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe everything I have commanded you."

We applaud your decision to take a step of faith and either be discipled or disciple another! We will contact you soon about the next step of your journey to a deeper walk with God!



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## About Your Disciple Questionnaire

Use this form to get to know your new disciple and remember important dates in her life. Feel free to share about your life along the way. Make this more of a conversation and less like an interview.

Name:

Address:

City:

State:

Zip:

Email:

Cell:

Other:

Date of Birth:    -    -    Age:    Circle One: Single - Married - Widowed

Do you have children? Yes / No If so, what are their ages?

Are you involved or a member of a local church?

Would you tell me more about your spiritual journey up to this point?

Would you like to tell me anything about your family history?

What do you like to do in your spare time?

Do you have any short or long term goals you are working toward?

Do you have a favorite coffee drink/snack? Allergies?

Is there anything else you would like to share with me for me to understand you better?



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## Discipleship Commitment

Growing in our relationship with Christ takes time, diligence and commitment. A woman grows in Christ as she attends a local church, frequents Bible studies and attends retreats and conferences.

Many women would also say the biblical practice of discipleship, found all through scripture, has been a significant way God has grown them and deepened them in Him. Anything of significance takes commitment and this form outlines a few items to help the discipleship journey start off in the right direction.



Material being covered/discussed in this discipleship season together is:

The discipler is:

The disciple is:

The initial time frame for this season of the journey is :

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## Discipleship Commitment (cont.)

The discipler commits to:

- Seek to walk with God and grow in Christ
- Pray consistently for you and with you
- Spend regular one-on-one time together
- Communicate truth in grace in love
- Come prepared to lead our time together

The disciple commits to:

- Seek to walk with God and grow in Christ
- Attend discipleship appointment each week
- Commitment to a local church
- Complete lessons for discussion

Together both commit to:

- Be transparent-jump in and be real
- Keep short accounts-if something hurts your feelings, say it
- Be teachable-no one is perfect
- Allow others to point out blind spots (in love)

Talking further-are there any questions?

Other areas to discuss?

Anything to add to this commitment sheet?

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# Discipleship Calendar (Week 1-4)

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p><b>WEEK 1</b></p> <ul style="list-style-type: none"> <li>• Ask God to lead your time</li> <li>• Arrive early if meeting in public to greet your new disciple</li> <li>• Bring "About Your Disciple" sheet, pen, "Discipleship Commitment" form, Bible</li> <li>• Together go through the "About Your Disciple" and "Discipleship Commitment" forms</li> <li>• Decide on a regular weekly meeting time and place</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Send a text mentioning you enjoyed your time together the day before and are looking forward to getting to know her better</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Pray for God's wisdom as you lead your next discipleship time</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Ask God to use you as an instrument in her life over the next 7 weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Send a text/email confirming next appointment. Remind her to bring her "Start Here" book and Bible</li> <li>• Read ch. 4 in "Discipling Women" to review the 5 elements of a discipleship appointment (small talk, accountability, scripture, prayer, and outreach). Accountability starts on week 3</li> </ul>
<ul style="list-style-type: none"> <li>• Show up early to greet your disciple</li> <li>• Spend time talking about life updates</li> <li>• Do Lesson 1 'Jesus Demonstrates God's Love' in Start Here. Take turns reading verses and answering questions</li> <li>• Explain that Lesson 2 'Jesus is the Way to the Father' will be done individually at home to be discussed together next week</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Send a text mentioning something you are praying for her about along with an encouraging scripture</li> <li>• Does your disciple exercise? Perhaps you can go on a walk together this week or join her for a group fitness class</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Begin working through lesson two 'Jesus is the Way to the Father' in Start Here</li> <li>• Questions about discipleship, your disciple, or places you are getting stuck visit me at <a href="http://www.facebook.com/DisciplingWomen">www.facebook.com/DisciplingWomen</a></li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Finish lesson two 'Jesus is the Way to the Father' in Start Here</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for you to have wisdom as you lead your next discipleship time</li> <li>• Pray God would use you in her life during your time of discipleship</li> <li>• Send a text/email confirming your upcoming appointment</li> <li>• Next week you will begin accountability. You can find out more about this in Discipling Women Ch. 4</li> </ul>
<ul style="list-style-type: none"> <li>• Show up early if meeting in a public place and meet/greet your disciple</li> <li>• Chat about your week and life. If you sense there are areas you could begin to hold her accountable in (and she you!) talk about that here</li> <li>• Go through the lesson you both did at home- 'Jesus is the Way to the Father'</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Send a postcard to let her know you are praying for her and mention something you admire about her.</li> <li>• Read John chapter 1 (At the end of each chapter of Start Here are assigned readings in the Gospel of John. Read these chapters as well to be ready to answer any questions she may have)</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Begin working through lesson three 'Jesus Promises the Holy Spirit' in Start Here</li> <li>• Read John Ch. 2</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Finish lesson three 'Jesus Promises the Holy Spirit' in Start Here</li> <li>• Read John Ch. 3</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for a sensitive heart as you lead your next discipleship time</li> <li>• Send a text/email confirming your upcoming appointment</li> <li>• Read John Ch. 4</li> </ul>
<ul style="list-style-type: none"> <li>• Show up early if meeting in a public place to meet/greet your disciple</li> <li>• Chat about your week and life and any areas of accountability</li> <li>• Ask about her John chapter 1-4 reading. Inquire if she had any questions or what stood out to her</li> <li>• Go through the lesson you both did at home- 'Jesus Promises the Holy Spirit'</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Read John Ch. 5</li> <li>• Questions about discipleship, your disciple, or places you are getting stuck visit me at: <a href="http://facebook.com/DisciplingWomen">facebook.com/DisciplingWomen</a></li> <li>• Is there a fun movie out? Perhaps a kids movie? Why not go see a movie (with or without kids) together?</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Begin working through lesson four 'Jesus Teaches About Prayer' in Start Here</li> <li>• Read John Ch. 6</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Finish lesson four 'Jesus Teaches About Prayer' in Start Here</li> <li>• Read John Ch. 7</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for you to have wisdom as you lead your next discipleship time</li> <li>• Pray God would use you as an instrument in her life during your time of discipleship</li> <li>• Send a text/email confirming your next appointment</li> <li>• Read John Ch. 8</li> </ul>
<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>	

# Discipleship Calendar (Week 5-8)

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

**Flex Week - Catch up on missed times during this week or just go do something fun with your disciple!**

How is it going? I would love to help you if you are experiencing any roadblocks on your journey. I would also love to hear if things are going awesome and how this packet may be helping.

Shoot me an email to [Lori@LoriJoinerMinistries.org](mailto:Lori@LoriJoinerMinistries.org)

WEEK 5

WEEK 6

WEEK 7

WEEK 8

<ul style="list-style-type: none"> <li>• Show up early ready to meet/greet your disciple</li> <li>• Chat about your week and life and any areas of accountability</li> <li>• Ask about her John chapter 5-8 reading. Inquire if she had any questions or what stood out to her</li> <li>• Go through the lesson you did at home- 'Jesus Teaches About Prayer'</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Read John Ch. 9</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Begin working through lesson five 'Jesus Uses Scripture' in Start Here</li> <li>• Read John Ch. 10</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Finish lesson five 'Jesus Uses Scripture' in Start Here</li> <li>• Read John Ch. 11</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for you to have wisdom as you lead your next discipleship time</li> <li>• Pray God would use you as an instrument in her life during your time of discipleship</li> <li>• Send a text/email confirming your upcoming appointment</li> <li>• Read John Ch. 12</li> </ul>
<ul style="list-style-type: none"> <li>• Chat about your week and life and any areas of accountability</li> <li>• Ask about her John chapter 9-12 reading. Inquire if she had any questions or what stood out to her the most</li> <li>• Go through the lesson you both did at home- 'Jesus Uses Scripture'</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Read John Ch. 13</li> <li>• Questions about discipleship, your disciple, or places you are getting stuck visit me at <a href="https://facebook.com/DisciplingWomen">facebook.com/DisciplingWomen</a></li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Begin working through lesson six 'Jesus Gives the Great Commission' in Start Here</li> <li>• Read John Ch. 14</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Finish lesson six 'Jesus Gives the Great Commission' in Start Here</li> <li>• Read John Ch. 15</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for you to have wisdom as you lead your next discipleship time</li> <li>• Pray God would use you as an instrument in her life during your time of discipleship</li> <li>• Send a text/email confirming your upcoming appointment.</li> <li>• Read John Ch. 16</li> </ul>
<ul style="list-style-type: none"> <li>• Chat about your week and life and any areas of accountability</li> <li>• Ask about her John chapter 13-16 reading. Inquire if she had any questions or what stood out to her the most</li> <li>• Go through the lesson you both did at home- 'Jesus Gives the Great Commission'</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Read John Ch. 17</li> <li>• Ask your church if they have a spiritual gifts questionnaire they would suggest you take with your disciple. Bring to next appointment or if online-send your disciple a link</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Read John Ch. 18</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for your disciple</li> <li>• Read John Ch. 19</li> </ul>	<ul style="list-style-type: none"> <li>• Pray for you to have wisdom as you lead your next discipleship time</li> <li>• Pray God would use you as an instrument in her life during your time of discipleship</li> <li>• Send a text/email confirming your upcoming appointment</li> <li>• Read John Ch. 20-21</li> </ul>



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## Wrap Up & Bonus Weeks!

8 weeks of your discipleship journey are now under your belt! I am so proud of you for taking Christ's call seriously to "Go and make disciples!"

I would love to hear how it went for you and to know any feedback you might have. Please click on this link and answer 5 short questions about your discipleship journey thus far using the Discipleship Starter Kit?

**Take the quick 5 question survey. [CLICK HERE!](#)**

After you click on the link and answer the questions you will be given the opportunity to download two more bonus weeks to add to your Discipleship Calendar. Weeks 9 & 10 contain directions on outreach and evaluation.

Thanks for using the Discipleship Starter Kit! I pray you make discipleship a lifestyle!

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## Discipler Evaluation

Use this form to evaluate your discipleship efforts each 10 weeks. The discipler fills this out on her own to see where she is exceling and perhaps where she can make adjustments as she continues her discipleship journey.

### Evaluating the quality of your discipleship (1 = lowest, 5 = highest)

- Teaching her the Word 1 2 3 4 5
- Reaching out to others together 1 2 3 4 5
- Building a relationship with her 1 2 3 4 5
- Praying for her 1 2 3 4 5
- Involving her in church events 1 2 3 4 5

1. How many one-on-one discipleship meetings did you have (out of the total possible)?

2. Did you regularly meet or was it sporadic?

3. Did you meet with a visitor for the sake of sharing the gospel/outreach?

4. What were the reasons for inconsistencies above (if any)? What were the barriers?

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## Discipler Evaluation (cont.)

### **Evaluating the potential for discipleship among your disciples**

1. Which of your disciples is presently discipling other women?

2. Of those who are not discipling others, what are the barriers?

- Lack of desire
- Lack of biblical conviction about discipleship
- Spiritual immaturity (needs time to grow)
- Inability (emotionally or socially)
- Does not want to disciple others
- Lack of lordship with her time
- In an unhealthy relationship
- Other time commitments (work, school, family)
- Lack of intimate walk with God

3. What can you do to help them overcome the barriers?

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## Discipleship Evaluation

### For Both the Discipler and Disciple

This form is for both women in a discipleship relationship to cover together after the first 10 weeks of discipleship. It is helpful to talk openly about the discipleship journey and to evaluate if any changes or adjustments need to be made moving forward. Fill it out separately and bring to your regular time together to discuss.

- The things I have enjoyed the most about our time together are:
- The things I would like to adjust as we move forward are:
- Questions/topics I have that I hope we can discuss or cover in the future together:
- Are there any barriers to moving forward in discipleship together that need to be discussed?
- Anything else I would like to talk about:

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