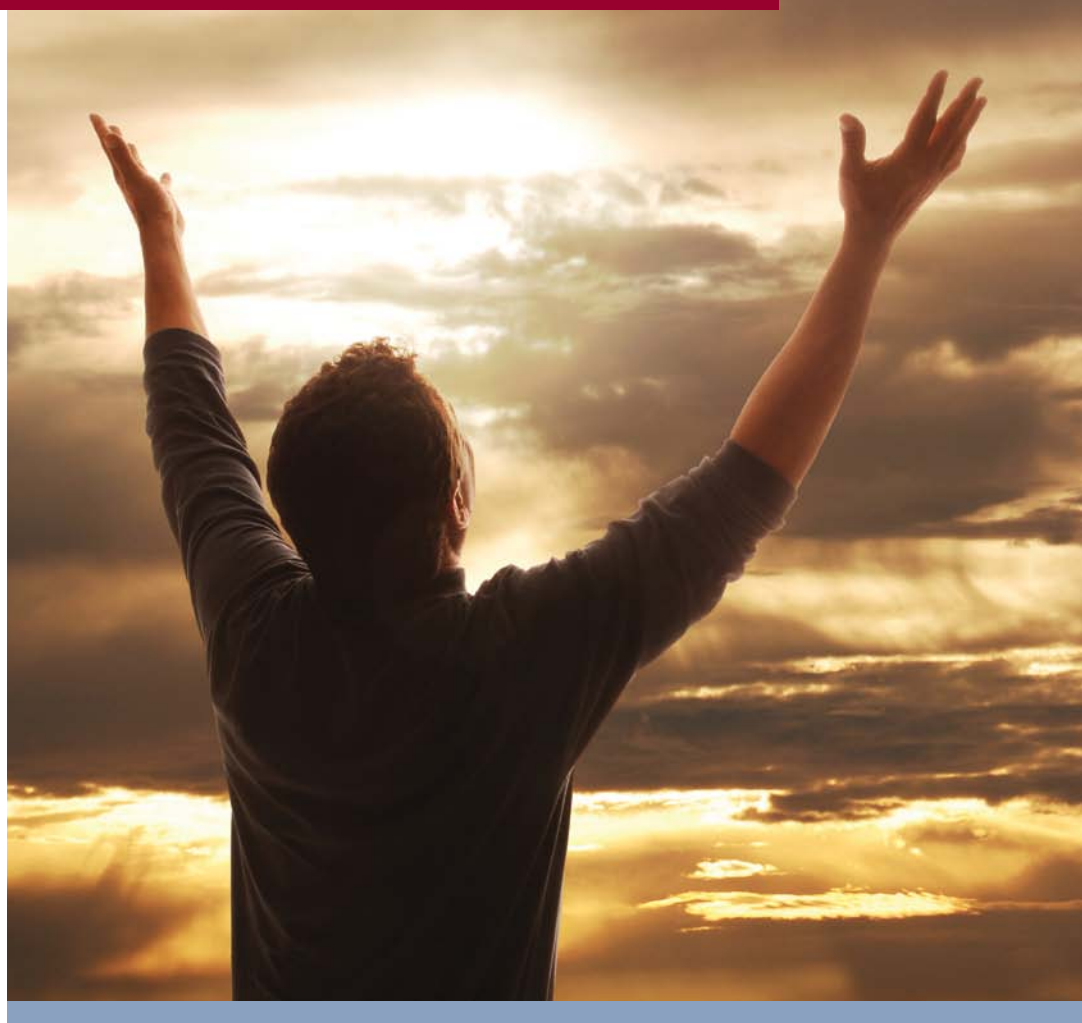




THE C.S. LEWIS INSTITUTE
PRESENTS



Heart AND MIND DISCIPLESHIP

*A 10-week, small group program providing
fundamental truth for authentic spiritual growth*

STUDY GUIDE

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INTRODUCTION

Welcome to the C.S. Lewis Institute's Heart and Mind Discipleship study series for small groups, produced with support from Alpha USA and Ravi Zacharias International Ministries (RZIM).

For more than thirty-five years, the C.S. Lewis Institute (CSLI) has been working to help Christian men and women to grow in their ability to defend, articulate, and live their Christian faith both in personal and public life. To accomplish this vision, CSLI has developed, evaluated, and refined discipleship programs that have been judged to be highly effective by Christian leaders from many denominational backgrounds. We have held seminars and conferences on discipleship. We have launched an intensive discipleship program in the greater Washington, D.C., area. This Fellows Program is now being offered in other cities, even internationally. The articles in our quarterly journal, Knowing & Doing, and our monthly devotional, "Reflections," also provide readers insights into the discipline of discipleship (to subscribe to these free publications, visit our website at: www.cslewisinstitute.org).

In recent years, church leaders have observed and reputable research has confirmed that the church in the West is, as some say, a mile wide and an inch deep. In other words, there is a dearth of spiritual growth and maturity in the church today; many believers remain infants in the faith and live no differently than their non-Christian neighbors. Because of this, the C.S. Lewis Institute rose to the challenge set before us: to develop a discipleship curriculum to be used by churches, small groups, campus ministries, and other Christian organizations to help ground believers in the foundational principles of Christian discipleship.

This Heart and Mind Discipleship workbook and DVD curriculum is our response to that challenge. It is ideal for new believers who may have gone through their church's basic Christianity course or participated in the popular and effective Alpha course. It is also helpful to anyone who has not been discipled in any significant way and to believers desiring to review and reestablish their understanding of their faith and grow into more mature disciples of Jesus Christ.

Any new resource needs to be "field-tested" and refined as needed. It is our plan to seek feedback from those who use this resource so we can continually improve the effectiveness of this resource over the coming years. As you participate in this Heart and Mind Discipleship study, please share with us your overall comments and any suggestions for improvement. Thank you.

THE PROGRAM APPROACH

Heart and Mind Discipleship: In this era the amount of knowledge we can know doubles every couple of years. And yet humankind doesn't seem to be any wiser; the same problems and sins that abounded thousands of years ago are still with us today. Knowledge is important, but if it's not applied in a wise manner it won't make us better people. In the same way, the disciple of Jesus Christ has to be careful about one of two extremes: living a zealous life for God without taking the time to learn biblical truth or amassing biblical knowledge without applying God's wisdom to one's daily life. This is why the C.S. Lewis Institute emphasizes discipleship of heart *and* mind. As believers grow in their knowledge of God's Word and also mature in their application of it in their personal and public life, they will be more effective and more fulfilled disciples. Many have grown up in the church and yet have never been challenged or taught how to integrate biblical truth into their daily lives. This study seeks to engage the believer at two levels, the heart and mind; more than just another academic exercise, it is designed to help people serve the Lord and their neighbor as they are empowered by the Holy Spirit.

The Purpose: The goal of the *Heart and Mind Discipleship* program is to provide the church and home groups with a resource that will enable new converts and those who desire to grow in their faith to take that "next step" toward Christian maturity and discipleship.

The Program Components: The following components of the *Heart and Mind Discipleship* program are designed to provide a ten-week high-quality, high-impact curriculum that focuses on that "next step" in Christian discipleship, spiritual formation, and mission.

- **Teaching on DVD:** These thirty-minute presentations are taught by recognized authorities in the area of Christian discipleship. These powerful communicators have pastoral wisdom and sensitivity and are by God's grace trying to live what they teach. Each DVD can be watched together by the small group and should provide engaging material for group discussion following the presentation.

- **Bible Study Questions:** Prior to the showing of the DVD, group members are encouraged to work individually to complete the Bible study based on key biblical passages apropos to the theme of the week. The Bible study is a key component to the program, which foundationally urges believers to spend time in their primary source of learning—the Bible.
- **Scripture Memory Verse:** There is nothing like storing God’s written Word in your heart. By memorizing the theme verse for the week, group participants will be absorbing the teaching in both their hearts and minds. Reciting the verse together as a group or in pairs during the group meeting is a helpful way to do this. Participants are also encouraged to meditate upon these verses throughout the week.
- **Thoughtful Articles on the Weekly Theme:** These short articles that complement the DVD lectures are written by experienced Christian leaders and writers. The intent of the articles is to synthesize the theme of the week and lay out a broader outline of the material. We recommend that individuals read the article before the group study.
- **Discussion Questions for Small Group:** Suggested questions have been provided to facilitate the small group discussion following the group viewing of the DVD. The questions take into account the DVD material, the thematic article, the memory verse, and individual Bible study.
- **Leader’s Agenda for Weekly Small Group:** A suggested format for each week’s small group meeting is provided in the leader’s guide. This will provide the facilitator of the study with practical ideas and questions to help the group tease out the important truths and ideas of each week’s study.

Program Delivery Methods: The combination of auditory, kinesthetic, and visual delivery methods enables people to learn the material in multiple ways and serves to reinforce the teachings. What’s more, the insights gained from individual study can be refined and shared in small group study as the Holy Spirit guides the discussion. The hope is that the students will learn and apply these truths of Christian discipleship to their hearts and minds and be better able to live out their faith in both personal and public life. In other words, the goal is to come out of this program speaking and acting more like Jesus in daily life.

Program Topics by Week: The program can be completed in ten weeks by covering one topic per week and combining topics 6A & 6B in week 6. Or it can be completed in eleven weeks by studying one topic per week.

1. God's Character & Personality
2. God's Story of Redemption
3. Understanding Salvation
4. God's Plan for Our Growth
5. The Cost of Discipleship
- 6A. Humility & Servanthood and 6B. Loving God & Neighbor
7. Authority of the Bible
8. The Practice of Prayer
9. The Mission of the Church
10. Sharing the Good News

In Conclusion: The *Heart and Mind Discipleship* study series is designed to help churches and individuals sharpen their focus on spiritual maturity and discipleship—and to be an easy-to-replicate discipleship program that can reach a wide variety of Christian churches, ministries, and groups. Our prayer at CSLI is that the study's multisensory educational methods, engaging teachers, and thoughtful materials will be an effective tool in developing mature disciples of Christ.

SAMPLE SMALL GROUP STUDY AGENDA (TOTAL: 90 MINUTES)	
10 Minutes	Social Time
5 Minutes	Introduction of Topic and Prayer
30 Minutes	Play DVD Teaching
35 Minutes	Discussion Questions
10 Minutes	Closing: Recite Memory Verse & Prayer Time

HOME GROUP DINNER AND STUDY MODEL (TOTAL: 120 MINUTES)	
40 Minutes	Simple Dinner and Social Time (Pizza, Salad, Drinks, and Desserts—or a potluck)
5 Minutes	Introduction of Topic and Prayer
30 Minutes	Play DVD Teaching
35 Minutes	Discussion Questions
10 Minutes	Closing: Recite Memory Verse & Prayer Time

SUNDAY SCHOOL CLASS/ WORKPLACE MODEL	
5 Minutes	Introduction of Topic and Prayer
30 Minutes	Play DVD Teaching
25–55 Minutes	Discussion Questions, Memory Verse & Prayer Time