

Be a Disciple of Jesus Christ

So you've accepted Jesus Christ as your Lord and Savior, now what? While Jesus Christ has done the heavy lifting of salvation for us, that doesn't mean we are fully formed disciples of Christ at conversion. In fact, our discipleship journey is a lifelong one. So, what do Christians mean by the term discipleship? When does discipleship begin? What does it look like? The Apostle Paul talks about spiritual milk, what is that? Explore these questions with *Groundwork* as we look to scripture to help us understand what it means to live as disciples of Christ today and as we explore the importance of community in our discipleship journey.

AWARENESS Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- What is a disciple?
- How do you define discipleship?



LISTEN TO THE EPISODE: [Be a Disciple of Jesus Christ](#)

READ [1 Timothy 4:7-8](#), [1 Peter 2:2-5](#), [1 Timothy 2:1-3](#)

REFLECTION After listening, consider the following questions:

- In segment 1, host Darrell Delaney defines a disciple as an intentional learner and says “I think as a disciple who is learning to grow and follow Jesus, we need to be a person who intentionally has practices in our lives to help us to grow.” Consider this explanation of what it means to be a disciple. Do you see yourself as a disciple? Why or why not?
- In segment 2, Darrell and host Scott Hoezee describe spiritual milk as the basic teachings of the gospel and the basic practices of the Christian life. Darrell gives the example of the basic truths he shares with his daughter as he reads a children's Bible and prays with her, that “1) God is listening and 2) that I can speak and I can communicate with God through prayer.” What other practices or teachings do you think constitute spiritual milk—things that teach us basic, but important lessons about God and Jesus and that will carry us through as we grow in faith?
- The disciples asked Jesus to teach them to pray. What would you ask Jesus to teach you?
- Community and relationships are important for planting and nurturing the seeds of our faith. Who planted seeds of faith in your life? Who helped you tend the seeds of your faith? Who is currently in your community? Is there someone in particular that continues to help support your spiritual development? Who can you pass on the baton of faith to?

RELATED PASSAGES for further study

[Matthew 7:7](#), [Luke 11:1-13](#), [John 14:25-26](#), [Philippians 4:4-9](#), [1 Thessalonians 5:4-11](#)

CONCLUSION

Reflect on your life of discipleship. Whether this is “day one” of your faith journey or whether you’ve lost track of the days because it’s been so long, discipleship is a journey and we can always reflect on and learn from our progress. Consider these questions:

- How are you different now than you were at the start of your faith walk?
- Which basic teachings or practices can you start or focus on to continue to cultivate your faith in this season of your spiritual journey?

Close your time of reflection in prayer. Give thanks for God’s calling and deepening of your faith. Celebrate where you’ve been and how you’ve grown. Acknowledge where you hope to go and how you’d like to grow, seeking the help and guidance of the Holy Spirit.

<https://groundworkonline.com/episodes/be-a-disciple-of-jesus-christ>

Printed on June 3, 2026