

Discipleship Commitment

Growing as a Healthy Disciple
Self-reflection



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Purpose of Self-reflection

In the gospel, we who were once enemies of Jesus Christ have been united to him (1 Peter 3:18). As we live as his followers, his disciples, we are simultaneously worshipers, family members, servants, stewards, and witnesses.

And as we grow in each of these identities, it is good to have Spirit-led self-examination of our relationship with Christ (2 Corinthians 13:5), regularly asking ourselves: As a disciple, how am I actively following Jesus? Are there ways he is leading me to grow—to go deeper in obeying him, knowing him, and enjoying him? Remember: Jesus didn't just want to inform his disciples, he wanted to transform them.

This is why the goal of this self-reflection is to guide you with questions and tools to help you encounter Jesus as you ask him how he wants to grow you around the five identities of being his disciple.

How to Use This Guide

- *There is no one way to do this guide.* It could be as simple as taking 30 minutes one day this week to reflect on each of these identities and write your thoughts out. Or you could take a few minutes each day to reflect on one of the identities. Again, there is no right way. Our biggest desire is that you would take some time to reflect and ask the Lord to speak to you.
- *Reflect on Jesus.* In the guide, read the definition of the identity, then reflect on the verse about Jesus. He is the author and the perfecter of your faith (Hebrews 12:2). Then take time to reflect on the questions about your life and how he is leading you to grow.
- *It is important to know this is not a checklist to see if you are a Christian.* This is a guide to help you grow into all God has already declared you to be and enjoy the life you have in Christ more fully. We must remember: **We are who we are because of what Jesus has done and is doing. Our being comes out of his doing—and our doing proceeds from our being in Christ.**

Self-reflection Guide

Worshiper - Seek to know, love, and obey God above all else

Jesus' Example

Jesus frequently went out alone to pray [to be with His Father]. - Luke 5:16

Jesus said, "Yet not my will, but your will be done" - Luke 22:42

Some examples of what this could look like in your life:

- Make a habit of spending time in God's Word and prayer each day.
- Participate in corporate worship.
- Make a habit of memorizing Scripture, fasting, participating in sabbath, doing spiritual disciplines.

Reflection

- **Obstacle:** What is hindering you from worshiping and enjoying God? This could be indwelling sin, time constraints, bad habits, etc.

- **Growth:** How is the Holy Spirit leading you to grow you as a worshiper?

Family Member - Actively commit to our aspiring multiethnic family

Jesus' Example

While he was still speaking to the people, behold, his mother and his brothers stood outside, asking to speak to him. But he replied to the man who told him, "Who is my mother, and who are my brothers?" And stretching out his hand toward his disciples, he said, "Here are my mother and my brothers! For whoever does the will of my Father in heaven is my brother and sister and mother." - Matthew 12:46–50 (ESV)

Some examples of what this could look like in your life:

- Pursue being a healthy member of God's family by establishing mutual accountability and protecting each other from the deceitfulness of sin.
- Join the local church as a covenant member, not just an attendee.
- Join a Summit small group with other believers.
- Make a habit of building relationships with believers who are different than you in ethnicity, socioeconomic status, age, etc.

Reflection

- **Obstacle:** Is there anything that is hindering you from being an active family member in the local church?

- **Growth:** How is the Holy Spirit leading you to grow you as a family member?

Servant - Gladly give of yourself for the good of others

Jesus' Example

“... It shall not be so among you. But whoever would be great among you must be your servant, and whoever would be first among you must be your slave, even as the Son of Man came not to be served but to serve, and to give his life as a ransom for many.” - Matthew 20:26–28 (ESV)

Some examples of what this could look like in your life:

- Make a habit of serving others when you aren't expecting anything in return.
- Pursue opportunities to serve others.
- Seek awareness of the needs of your community and find ways through Summit's ServeRDU to serve them.
- Make a habit of serving the church regularly.

Reflection

- **Obstacle:** Is there anything that is hindering you from being a servant to our church, our city?

- **Growth:** How is the Holy Spirit leading you to grow you as a servant?

Steward - Manage God's gifts for God's purposes

Jesus' Example

Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. - Philippians 2:5–8 (ESV)

Some examples of what this could look like in your life:

- Make a habit of giving God your first and best.
- Make a habit of leveraging your time and talent to glorify God by blessing others.
- Steward your body as a temple to God by living a healthy lifestyle.

Reflection

- **Obstacle:** Is there anything that is hindering you from being a faithful steward with your time, talent, and treasure?

- **Growth:** How is the Holy Spirit leading you to grow you as a steward?

Witness - Proclaim Christ in word and deed

Jesus' Example

Then Pilate said to him, “So you are a king?” Jesus answered, “You say that I am a king. For this purpose I was born and for this purpose I have come into the world—to bear witness to the truth. Everyone who is of the truth listens to my voice.” - John 18:37 (ESV)

Some examples of what this could look like in your life:

- Pursue being bold to have spiritual conversations and share the gospel with non-believing family and friends.
- Make a habit of praying for the lost.
- Pursue deep friendships with non-believers.
- Develop a heart for global missions as a financial giver, going on a mission trip, or both.

Reflection

- **Obstacle:** Is there anything that is hindering you from being a witness in your job or neighborhood, or intentionally going overseas for a short-term trip, etc.?

- **Growth:** How is the Holy Spirit leading you to grow you as a witness?

What's Next?

Whom will you share your answers with?

We encourage you to share this during your next D-group time or with someone who knows you well. May this help us to “spur one another on toward love and good deeds” (Hebrews 10:24 NIV).

For further resources on growing as a disciple at The Summit Church, please visit summitchurch.com/commit.