

Discipleship Conversation Guide

How to Help Someone Follow Jesus

Good Soil Discipleship

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you." — Matthew 28:19-20

You don't need a degree. You just need a heart and good questions.

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You Can Disciple Someone

Most believers think discipleship is something pastors do. It's not. Discipleship is what mature believers do with growing believers. One-on-one. Authentic. Real.

You don't need a degree. You don't need to know all the answers. You just need to be further along in your faith than the person you're discipling, willing to be honest about your journey, and willing to ask good questions and listen.

This guide gives you the questions and framework. It removes the guesswork. It shows you what good discipleship conversation looks like.

What You're Really Doing

You're not giving a sermon. You're not checking boxes. You're having real conversation with someone you care about, asking questions that help them think deeply about their faith, their relationships, and their choices. That's it. That's discipleship.

Core Principles of Good Discipleship Conversation

Listen more than you talk. You talk 30%. They talk 70%. Your job is to draw them out, not to impress them with your knowledge.

Ask questions instead of giving answers. 'What do you think Scripture says about that?' is better than 'Here's what you should believe.'

Be honest about your own struggle. 'I'm wrestling with that too' builds more trust than 'Here's how to fix it.' Vulnerability invites vulnerability.

Don't pretend to have all the answers. 'I don't know, but let's figure it out together' is leadership.

Create safety. What they share stays private. If they question God, you don't shame them. If they struggle with sin, you don't condemn them. You listen and help them think.

Follow up on action. 'How did that go?' shows you actually care about their growth, not just having conversations.

Framework 1: Opening Conversation (Getting Started)

When you're discipling someone for the first time, you're building foundation and trust. This conversation sets the tone.

Opening Question:

'How is your faith journey right now? Where are you at spiritually?'

Listen. Don't interrupt. Let them talk for 5-10 minutes.

Follow-up Questions (pick 2-3 based on what they said):

- When did you become a Christian?
- What attracted you to faith originally?
- What's one area where you're experiencing God's presence right now?
- What's one area where you're struggling to believe?

Closing the Conversation:

'I'm really grateful for you sharing that with me. I want to help you grow in your faith. Would you be open to meeting regularly—maybe once or twice a month?'

Framework 2: Ongoing Discipleship (Regular Meetings)

This is your standard conversation framework. Use this for regular discipleship meetings.

Opening Question:

'How are you doing? How has life been since we last met?'

Deep Dive Questions (pick one major area to explore):

SPIRITUAL GROWTH: What is God teaching you right now? Where are you resisting obedience?

RELATIONSHIPS: How are your key relationships? Where are you experiencing conflict or disconnection?

HABITS: What daily practices are shaping you? What's working? What's not?

CALLING: Where do you sense God is calling you? What's holding you back?

Critical Question (every meeting):

'What burden have you been carrying alone? How can I pray for you?'

Closing the Conversation:

'Before we go, what's one step you're going to take before we meet again? I want to ask you about it next time.'

Framework 3: How Good Conversation Sounds

Here's what a real discipleship conversation might look like.

You: *'How are you doing spiritually these days?'*

Them: *'Honestly? I'm struggling. I haven't been reading my Bible in weeks. Work is just crazy and I'm exhausted when I get home.'*

You: *'I hear you. I've been there. [Pause. Show you actually care.] What was happening when you were reading consistently? What changed?'*

Them: *'I guess... I was doing it because I felt obligated. Like I had to. And then work got crazy and it just fell off.'*

You: *'So maybe the issue isn't time—it's that it doesn't feel connected to your life right now. What if instead of feeling obligated, we figured out one way Bible reading could actually speak to what you're facing at work?'*

Them: *'Hmm. I guess I've been really anxious and stressed. I don't sleep well. Maybe I need something that addresses peace.'*

You: *'That's it. What if you spent 10 minutes before bed reading Psalms or passages about peace? Not because you 'should.' Because you actually need it?'*

Them: *'That... that actually sounds doable. And way better than forcing myself through Leviticus.'*

You: *'Perfect. Try that for two weeks. I'll ask you how it's going. And if it helps with the anxiety, maybe we can talk about other ways to integrate your faith into this season.'*

What Happened Here:

You listened. You didn't shame or fix. You helped them see the real issue (obligation vs. connection). You offered a specific, achievable solution. You're following up. That's great discipleship.

What NOT to Do

DON'T: Make it about you. ('When I struggled with that...' for 10 minutes.)

DO: Share briefly if relevant, then ask how it applies to them.

DON'T: Judge them for doubting, struggling, or sinning.

DO: Create space for honest conversation about doubt and sin.

DON'T: Pretend you have all the answers.

DO: Say 'I don't know. Let's figure it out together.'

DON'T: Let them off the hook with vague goals. ('I'll pray more.')

DO: Ask for specific, measurable action. ('When will you pray? For how long? What will you pray about?')

DON'T: Forget to follow up on what they committed to.

DO: Ask about their progress at the next meeting.

Quick Reference: Questions by Topic

If they're struggling with faith:

What doubt or question is hardest for you right now? When did you start struggling with this? What would help you process it?

If they're in conflict:

Tell me what happened from your perspective. What do you think they were feeling? What's one way you could repair this?

If they're lost or unclear:

What brings you joy? What are you naturally good at? If you could do anything, what would it be? Where do you sense God might be calling you?

If they're tempted or struggling with sin:

What's leading you toward this? When did it start? What need is it meeting? What would help you resist?

You're a Disciple-Maker

That's it. You have a guide. You know the principles. You have the questions. Now go. Find one person further back on the journey than you and walk with them. Ask good questions. Listen. Pray for them. Follow up.

Discipleship is the most powerful thing you can do. It's multiplication. It's legacy. It's Jesus' exact command.

You don't need to be perfect. You just need to be faithful.

Grace and peace,

*Junior Saint-Val
Good Soil Discipleship*