

# Following Jesus: What Is A Disciple?

## *A One Week Bible Study Guide*

### Primary Passage:

- Mark 1:16-20
- Mark 3:14

### Introduction

What does it really mean to follow Jesus? The Christian life is more than believing a set of truths, attending church, or learning information about Jesus. In the sermon, we saw that Jesus calls us into a life of immersion. A disciple is someone who follows Jesus, is formed by Jesus, and joins Jesus in His mission.

Over the next five days, we will explore what that means. We will consider what it means to build our lives around Jesus, learn from Him, allow Him to transform us, and become available for His purposes. Each day is an opportunity to move beyond simply knowing about Jesus and consider what it means to actually follow Him.

---

## **Day 1: The Call to Follow**

Theme: Building Life Around Jesus

### Scripture(s):

- Mark 1:16-20

### **Key Thought for Today**

When Jesus called His first disciples, He simply said, "Follow Me." He was not asking them to add Him to their existing lives. He was calling them to build their lives around Him.

Peter and Andrew left their nets. James and John left their boat and their father. The issue was not that their work or family was sinful. The issue was who would have first place in their lives.

Following Jesus means more than believing in Him. It means allowing Him to become the priority that shapes every other priority.

## Questions

1. When you think about following Jesus, what does that phrase mean to you?
2. What are some of the things around which your life is currently organized?
3. Are you tempted to add Jesus to your existing life rather than build your life around Him?
4. What would it look like for Jesus to have first place in your life?

## Reflection

The first disciples responded to Jesus' invitation by following Him. They did not simply admire Him or agree with Him. They went after Him.

Take some time today to consider whether Jesus is simply part of your life or whether your life is being built around Him.

## Daily Prayer

Jesus, help me understand what it truly means to follow You. Show me where I have simply added You to my life instead of making You the center of it. Help me build my life around You.

---

## Day 2: Learning From Jesus

Theme: Being With Jesus

Scripture(s):

- Mark 3:14

## Key Thought for Today

Jesus appointed the twelve "that they might be with Him." Before He sent them out to preach, He called them into relationship with Him.

The disciples learned by listening to Jesus, but they also learned by watching Him live. They watched how He treated people, responded to suffering, prayed, forgave, loved, and served.

Discipleship was never meant to be simply a classroom experience. It was a life experience.

### **Questions**

1. What do you think it means to "be with" Jesus?
2. Are you more focused on doing things for Jesus or spending time with Jesus?
3. What did the disciples learn by watching how Jesus lived?
4. If you spent more time paying attention to Jesus, what might you learn from Him?

### **Reflection**

Jesus did not simply transfer information to His disciples. He modeled a way of life for them. They learned by being close to Him.

Consider the difference between knowing what Jesus taught and actually learning from the way Jesus lived.

### **Daily Prayer**

Jesus, help me stay close to You. Teach me not only through what You have said, but through the example of how You lived. Help me become someone who learns from You.

---

## **Day 3: Being Formed by Jesus**

Theme: Transformation Over Information

Scripture(s):

- Mark 1:16-20

### **Key Thought for Today**

It is possible to know about Jesus without becoming like Jesus.

We can know Bible facts, quote Scripture, and understand what Jesus taught while still struggling to live differently. Knowledge matters. Truth matters. Doctrine matters. But biblical discipleship is about more than information. It is about transformation.

Jesus told His disciples, "Follow Me, and I will make you become fishers of men."

Notice the words, "I will make you become." Jesus never expected His disciples to transform themselves. Their responsibility was to follow Him and stay close enough to Him to be changed by Him.

### **Questions**

1. What is the difference between knowing about Jesus and becoming more like Jesus?
2. In what ways have you seen Jesus shaping your life?
3. If the people closest to you watched your life, what would they learn about Jesus?
4. What areas of your life still need to be shaped by Jesus?

### **Reflection**

The goal is not simply to know more about Jesus next year than you know today. The goal is to become more like Jesus next year than you are today.

Think about your life over time. What is Jesus changing in you? What might He still be working on?

### **Daily Prayer**

Jesus, I know that I cannot transform myself. Help me stay close to You and allow You to do Your work in me. Make me more like You.

---

## **Day 4: Following Jesus Into Mission**

Theme: Joining Jesus' Mission

Scripture(s):

- Mark 1:16-20

### **Key Thought for Today**

Jesus did not call His disciples simply to have a personal relationship with Him. He called them to follow Him, learn from Him, and join Him in His mission.

Peter and Andrew had spent their lives catching fish. Jesus called them to help reach people. He did not waste their experiences or abilities. He used ordinary people with ordinary skills for an extraordinary purpose.

Jesus' invitation is not limited to pastors, missionaries, or people in full-time ministry. It is an invitation to every follower of Jesus.

### **Questions**

1. What stands out to you about the people Jesus chose as His disciples?
2. Where has Jesus placed you right now? Think about your home, workplace, and neighborhood.
3. What experiences, skills, and gifts do you have that could be surrendered to Jesus?
4. What might it look like for you to be available to join Jesus in His mission?

### **Reflection**

The mission may look different from person to person. Some may join Jesus' mission in their homes. Some in their workplaces. Some in their neighborhoods. Some across the street. Some around the world.

The mission may look different, but the calling is the same: "Follow Me."

### **Daily Prayer**

Jesus, thank You for calling ordinary people to follow You. Help me recognize where You have placed me and make me available to join You in Your mission. Use my experiences, abilities, and life for Your purposes.

---

## **Day 5: What Are You Immersing Yourself In?**

Theme: The Things That Shape Us

Scripture(s):

- Mark 1:16-20
- Mark 3:14

## **Key Thought for Today**

The sermon began with the idea of immersion. When we immerse ourselves in something, it begins to shape the way we think, live, and ultimately who we become. That is true of languages, skills, culture, and activities. It is also true of following Jesus. If we immerse ourselves in the voices of the world, the world will shape us. If we immerse ourselves in comfort, comfort will shape us. If we immerse ourselves in fear, fear will shape us.

But if we immerse ourselves in Jesus, spend time with Him, learn from Him, and follow Him, then over time Jesus will shape us into the people He created us to be.

## **Questions**

1. What are you currently immersing yourself in?
2. How are those things shaping the way you think and live?
3. What would it mean for you to immerse yourself more deeply in Jesus?
4. What is one step you can take toward becoming a true disciple of Jesus Christ?

## **Reflection**

A disciple is not simply someone who believes a set of truths or attends church on Sunday.

A disciple is someone who:  
Follows Jesus.  
Is formed by Jesus.  
Joins Jesus in His mission.

Take time today to look honestly at your life. What is shaping you? What are you giving your attention to? What voices are influencing you?  
Then return to the invitation that began everything:  
"Follow Me."

## **Daily Prayer**

Jesus, help me recognize what I am immersing myself in and how those things are shaping me. Help me spend time with You, learn from You, follow You, and allow You to transform me. Help me take another step toward becoming a true disciple of Jesus Christ.