

DISCIPLING OTHERS

One-on-One Meeting Guide.

"Iron sharpens iron, and one man sharpens another."

PROVERBS 27:17 · ESV

THE IDEA

A rhythm you can repeat.

The number one reason people give up on discipling someone is simple: they don't know what to actually do when they meet. So here's a repeatable, hour-long format you can use every single time. Print it, bring it, lean on it until it's second nature.

Don't overthink it. The format is just a track to run on — what matters is showing up consistently, being honest, and keeping Jesus at the center. Adjust the timing to fit your life.

"As iron sharpens iron, so one person sharpens another — it happens up close, over time."

BASED ON PROVERBS 27:17

THE FORMAT

One hour, five parts.

Catch up · 10 min

How are you, really? Get past the surface before anything else.

Look back · 10 min

How did last time's next step go? Celebrate wins, talk through what didn't happen.

Open the Word · 20 min

Read a short passage together. Ask: what does it say, what does it mean, what do we do?

Look ahead · 10 min

Agree on one specific step each of you will take before you meet again.

Pray · 10 min

Pray for each other, out loud, about what actually came up.

That's the whole thing. Five parts, one hour, every couple of weeks. Simple enough to keep doing for years.

KEEP THESE HANDY

Questions that open people up.

When conversation stalls, reach for one of these. They go deeper than “how was your week?”

- How’s your walk with God right now — honestly, not the church answer?

- Where did you notice God this week?

- What’s the hardest thing you’re carrying right now?

- What do you sense God might be saying to you?

- Is there anything you need to confess or get off your chest?

- How can I specifically pray for you?

MAKE IT STICK

A few ground rules.

- **Meet regularly.** Every week or two. Consistency is the whole game.
- **Keep it confidential.** What's shared stays between you. Trust is everything.
- **Go first.** Be honest about your own struggles before you ask about theirs.
- **Point to Jesus, not yourself.** You're a signpost, not the destination.
- **Give it time.** Real change is slow. Don't quit when it feels ordinary.

TAKE A MINUTE

Who are you meeting with, how often, and where? Lock in the next date before you finish reading.

YOU'VE GOT A TRACK TO RUN ON

Now just keep showing up.

The format does the thinking so you can focus on the person. Need help finding someone to meet with, or want to talk it through? Reach out anytime.

QUESTIONS

connect@valiantchurch.com

PAIR WITH

Disciple-Making 101

GATHER

Sundays · 10:00 AM
