



Helping Others Grow

**Making an Eternal Difference in the
Lives of Others**

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Modules

1. Prepare

2. Learn

3. Act



Welcome

This course is designed to give you biblical, practical guidance on how to make an eternal difference in the lives of others by helping them grow.

If you have any questions about anything in here, email darryl@gospelforlife.com. I'd love to hear from you.

About the Instructor

I'm Darryl Dash, co-founder of Gospel for Life, and pastor of Liberty Grace Church.



I've been a pastor for over 30 years, and I've pretty much made every mistake possible over those 30 years.

But I've also had the privilege of learning a lot through these mistakes, by reading, and by watching others.

I'm married to Charlene, and we have two adult children. I've had the privilege of writing two books: *8 Habits for Growth*, and *How to Grow*.

You can find out more about me at my website DashHouse.com.

Module One

Prepare

Where to Begin

Module One Lessons

1. Introduction
2. Your Walk With God
3. What You Offer

Introduction

Two big ideas:

You can make an eternal difference.

I am reminded of your sincere faith, a faith that dwelt first in your grandmother Lois and your mother Eunice and now, I am sure, dwells in you as well.

2 Timothy 1:5

We tend to think that extraordinary people make an extraordinary impact on others. It's actually ordinary people who make an extraordinary difference in the lives of others.

Three common barriers get in the way.

Barrier #1: We think we're not ready

Barrier #2: We don't know what to do.

Barrier #3: We're not prepared to pay the price.

Your Walk with God

The best thing that you can offer others is your own walk with God.

I urge you, then, be imitators of me.

1 Corinthians 4:16

Be imitators of me, as I am of Christ.

1 Corinthians 11:1

Brothers, join in imitating me, and keep your eyes on those who walk according to the example you have in us.

Philippians 3:17

What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Philippians 4:9

You, however, have followed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, my persecutions and sufferings that happened to me...

2 Timothy 3:10-11

We learn from examples. We need people to model what it looks like to follow Jesus.

Perfection Not Required

What others need from you is not your *perfection* but your *growth*.

Allow people to see where you're struggling. Let people in on how you're repenting and growing in grace. God can use even your struggles to help others grow. We tend to think that extraordinary people make an extraordinary impact on others. It's actually ordinary people who make an extraordinary difference in the lives of others.

Two Areas of Growth

Keep a close watch on yourself and on the teaching. Persist in this, for by so doing you will save both yourself and your hearers.

1 Timothy 4:16

Paul tells Timothy to pay special attention to two areas:

Yourself – Pay careful attention to your own walk with God, and your own progress in godliness. You can only give to others what you possess.

Your teaching – Know Scripture. Know what the Bible teaches about God. Grow in your ability to think correctly about God and the world.

Your attention to these two matters will affect not only you, but those around you. What you believe and how you live really matters.

Questions

Think about the people who've positively influenced you. How did you learn from their examples?

How would you characterize your walk with God right now? Where do you see progress and growth?

How can your struggles provide hope to other strugglers?

What steps can you take to grow in your godliness and knowledge?

What You Offer

The state of your walk with God and your unique story will both play a role in your ministry to others.

Your Walk With God

Generally speaking, you can only take people as far as you've traveled.



Take a quick [online assessment](#) to gauge where you are in your walk with God.

Your Unique Story

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.

2 Corinthians 1:3-4

You will be able to connect with others who are going through similar life stages and struggles as you.

What's your current life stage (youth, young adult, middle age, senior)? What opportunities does your current life stage provide you to connect with others?

What suffering have you endured? How might God use that suffering to help others who are going through similar struggles?

What experiences have you had that may help you connect with others going through similar experiences?

Module One Summary



God can use your life to make an eternal difference.

Some simple barriers get in the way.

If you want to help others grow, the place to start is with *your own walk with God.*

People learn best from examples.

What others need from you is not your perfection but *your growth.*

Let people see your struggles and repentance.

Pay attention to two areas in particular: your lifestyle, and your knowledge of Scripture and doctrine.

Know where you are in your walk with God, and invite others at the same level or behind you to join you.

Look for ways to connect with others based on your unique story and experiences, including your suffering.

Module Two

Learn

What You Need to Know

Module Two Lessons

1. Principles of Spiritual Growth
2. A Simple Way to Make Disciples
3. Intentional Disciple-Making Relationships
4. Asking Questions

Principles of Spiritual Growth

Seven principles from Scripture:

Spiritual growth begins with a change in the heart.

For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these evil things come from within, and they defile a person.

Mark 7:21-23

And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. And I will put my Spirit within you, and cause you to walk in my statutes and be careful to obey my rules.

Ezekiel 36:26-27

Implication: The place to begin in our growth is always in making sure that we've turned to Jesus in repentance and faith and received a new heart.

The Spirit empowers grace-driven effort.

But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ— by grace you have been saved— and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.

Ephesians 2:4-9

Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure.

Philippians 2:12-13

Implication: The Spirit will work in your life to change you, and will empower you to do the work you need to do to grow.

Transformation happens in stages.

And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.

2 Corinthians 3:18



Implication: It's a process. We can have confidence that God will complete the work, and patience because nobody alive has arrived there yet.

Growth is about becoming more human.

We tend to think that spiritual growth makes us more detached and other-worldly.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Galatians 5:22-23

Becoming more holy does not mean that you become ethereal, ghostly, and detached from the storms of life. It means you are becoming a wiser human being. You are learning how to deal well with your money, your sexuality, your job. You are becoming a better friend and family member.

David Powlison

Implication: Spiritual growth is about you being restored. You become more human, more loving, more joyful

Growth is about becoming who we already are.

Scripture tells us what is true of us because of what Jesus has done. It then tells us to live in light of that reality.

We don't grow by becoming something we aren't. We grow by living out who we already are because of Jesus.

Do not lie to one another, seeing that you have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator.

Colossians 3:9-10

Implication: Understand and apply what Scripture says is true of you.

Growth takes place in community.

Just show up and ask how you can help.

That's right, that's the big takeaway from the book. When I (Collin) talk with new church members, I make a big promise. And so far, no one has ever returned to complain that I misled them. I promise that if they show up consistently (in our church, that means corporate worship on Sunday and home group on Wednesday) and seek to care for others, they will get everything they want out of the church.

Collin Hansen

...that you, being rooted and grounded in love, may have strength to comprehend with all the saints...


Ephesians 3:17-18

Implication: Never try to grow alone. Christian growth takes place together with other believers in the local church. Prioritize the local church in your life. Just show up.

Growth is both the same and different in for everyone.

Every believer is called to practice the ordinary means of grace.

At the same time, patterns of growth look different for everybody.



Scripture portrays the transformation of our lives in a range of colors and shades. There are reds, yellows, and blues - with 16.8 million shades in between. So any monochromatic view of sanctification is like saying, "You are changed by the color red."

David Powlison

Implication: Master the basics – things like getting into the Bible, praying, and being part of the church – but resist simplistic explanations of the “one key” that everyone needs to grow.

A Simple Plan for Making Disciples

We've made making disciples way too complicated.

The problem with complexity is that it reduces the likelihood of the job getting done.

Making disciples isn't supposed to be rare. It's meant to be the everyday assignment of every believer (Matthew 28:18-20).

A simple plan for making disciples requires only two ingredients. In his book *Discipling*, Mark Dever compares these to the skeleton and muscles of the body. We need both to function.



Healthy Church Life

God designed the local church as *the* place where disciples are made.

The single greatest thing that someone can do to grow spiritually is to plug in to a healthy local church and begin to engage in the regular means of grace.

Wayne Grudem defines means of grace as “activities within the fellowship of the church that God uses to give more grace to Christians.” They include things like the teaching of the Word, baptism and the Lord's Supper, praying for one another, public worship, giving, using spiritual gifts, fellowship, and more.

...from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

Ephesians 4:16

More disciple-making is happening than most of us realize through ordinary, non-impressive local churches faithfully doing their thing. But it's easy to overlook.

If you want to grow and help others grow, there's no substitute for the weekly, ordinary means of grace practiced regularly within a healthy local church.

Intentional Relationships

In recent years, we've tended to emphasize classroom and curriculum based approaches to making disciples. While classrooms and curricula can be useful, they can't replace intentional disciple-making relationships.

Traditional	Relational
classroom	small group and one-on-one
content and curriculum	character and practice
one way (teacher to pupil)	two way (discovery and discussion)
teach through a lecture	teach people to study for themselves
tell someone how	show someone how
information	transformation
scheduled program	lifestyle

adapted from *The Ways of the Alongsider* by Bill Mowry, p. 7

In a general sense, we build intentional relationships as we show up with the church ready to serve.

But it also requires that we pursue intentional disciple-making relationships.

Therefore encourage one another and build one another up, just as you are doing.

1 Thessalonians 5:11

Intentional Disciple-Making Relationships

Here's how to get started.

Cultivate your own walk with God.

You can't give what you don't have.

You then, my child, be strengthened by the grace that is in Christ Jesus...

2 Timothy 2:1

Make time in your life.

If you don't free up time in your life, this won't happen. (See Module 3.)

Pray.

When God chooses to reveal himself to people, more often than not it comes on the heels of a season of prayer.

David Helm

Pray that God leads you to somebody who's ready to grow. If you can't think of anyone, pray that God would lead you to somebody.

Select somebody.

You only have so much time. Aim to serve everyone within your church and sphere of influence, but focus on a few.

Look for someone who's faithful and who will be able to influence others.

Generally speaking, it's wise to look for someone who is ready to grow, is the same gender as you, is younger than you, and earlier on in their journey, lives relatively close to you, and has room in her life.

Practice "small batch" discipleship.

Invite them.

Get to know them first. Invite them for a coffee or meal. Learn about their story.

How would you like to regularly meet to talk about what it means to be Jesus' disciple today?

Bill Mowry

Get in the Word.

Make an open Bible a normal part of your relationship. Don't underestimate the power of the Word to transform.

You have many options. Follow the same Bible reading plan. Or follow different plans, and share what you're learning. Read the Bible together and discuss the passage (see David Helm's book [One to One Bible Reading](#)). As you deal with issues in your lives, open the Bible and talk about what Scripture says about those issues.

Any committed Christian is capable of initiating a good conversation on a biblical text.

David Helm

Hang out.

Get to know them. Build a relationship. Ask good questions (see next lesson). Learn about their background, their interests and hobbies, their job, and more. Show genuine interest in what makes them tick.

Practice “milk run discipleship.” Look for small opportunities to hang out, even if it’s running an errand to the grocery store or going to get your oil changed.



Get personal (gradually).

Ask personal questions of those you are discipling with increased frequency and depth. Ask about their sins, about their fears, about their fruit. Don't just assume they're doing well and go through the motions of your book discussion or group habits. Dig down deep to provide accountability and encouragement.

Jared Wilson

The goal is to build a relationship of honest confession with no shame, where we can open up about the most embarrassing thing about ourselves and be loved.

Asking Questions

A lot of us – including pastors – are good at talking, but not quite as good at asking questions and listening.

Asking good questions is the key to knowing the disciple and to discovering what areas of growth are necessary (skills, competencies, weaknesses, needed areas of repentance).

Scott Thomas

How to Ask Good Questions

1. Ask more than you tell.
2. Ask open ended, probing questions.
3. Ask different kinds of questions. (See below)
4. Collect good questions.
5. Listen more than you think is necessary. Ask them follow-up questions.

Sample Questions

*If you ask shallow questions you get shallow answers.
If you ask profound question you get profound answers.
If you get if you ask no questions you get no answers at all!*

Bobb Biehl

Exploring Questions

What is the most embarrassing moment of your life?

What was life like as a child?

Who have been the most important people in your life?

Whom have you influenced?

How has your life different from what you imagined?

Is there something heavy on your shoulders today?

Imagining Questions

Where would you like to see yourself in five years?

If you could make any change in your life right now, what would it be?

What three changes in your life would be most pleasing to God?

Reflection Questions

How have you grown the most in the past?

When have you felt closest to God? What kinds of things were you doing then?

Readiness Questions

How much margin do you have in your life right now?

How much capacity do you have right now to ___?

What's the smallest step you can take?

Planning Questions

What's next for you?

What's a next step you can take?

Advice-Giving Question

Would it be okay if I shared some of my experiences with you?

Validation Statements (almost questions!)

I get the sense that you may be struggling with...

It seems to me like you're feeling...

Module Two Summary



The Spirit changes our hearts and empowers our efforts. God transforms us by degrees throughout our entire lives. That change affects every part of our lives, making us more joyful and human. We become who we already are in Jesus. Growth takes place in community. It's the same and different for everyone.

We've made making disciples too complicated. A simple plan for making disciples requires only two ingredients: healthy church life, and intentional relationships.

To build intentional relationships, cultivate your own walk with God. Make time in your life. Pray. Select somebody. Invite them. Get in the Word with them. Hang out.

Gradually, get more personal.

Collect and ask good questions.

Module Four

Act

Pay the Cost

Module Three Lessons

1. The Cost
2. Next Steps

The Cost

If helping others grow is so simple, why don't we do it?

One reason: the cost.

As Paul instructs Timothy on how to make disciples, he repeatedly emphasizes the cost, and then asks Timothy to think about it.

Share in suffering ... Think over what I say, for the Lord will give you understanding in everything.

2 Timothy 2:3, 7

Making disciples will cost you in three ways.

The Soldier's Cost



Share in suffering as a good soldier of Christ Jesus. No soldier gets entangled in civilian pursuits, since his aim is to please the one who enlisted him.

2 Timothy 2:3-4

Soldiers pay the price of **dedication**. They don't get distracted by civilian affairs. They focus on pleasing the commands of their leader, even when it involves suffering.

Helping others grow isn't safe or comfortable. You will have to fight the temptation to live for your own comfort. You must endure hardship and remain focused on your task.

The Athlete's Cost



An athlete is not crowned unless he competes according to the rules.

2 Timothy 2:5

Athletes pay the price of **obedience**. Every sport has its rules. No matter how talented, an athlete cannot succeed without faithful attention to the discipline of preparation and a commitment to follow the rules of the game.

Helping others grow will require faithfulness from you, not just when people are watching, but in your preparation.

The Farmer's Cost



It is the hard-working farmer who ought to have the first share of the crops.

2 Timothy 2:6

Farmers pay the price of **hard work**. As much as they labor, the results don't come right away.

Helping others grow also requires hard work, and you won't always see the results of your efforts immediately.

The farmer's life involved: 1) early and long hours because he could not afford to lose time; 2) constant toil (plowing, sowing, tending, weeding, reaping, storing); 3) regular disappointments—frosts, pests, and disease; 4) much patience—everything happened at less than slow motion; and 5) boredom.

Kent Hughes

A Price Worth Paying

Paul ends this section by writing, "Think over what I say, for the Lord will give you understanding in everything." He doesn't want us to gloss over the cost quickly.

Signing up to serve God and help others grow is costly. It will take dedication, obedience, and hard work.

At the beginning of the course, I suggested that we don't help others grow for three reasons:

Barrier #1: We think we're not ready

Barrier #2: We don't know what to do.

Barrier #3: We're not prepared to pay the price.

The truth is that you are ready. God doesn't require perfection from you; he requires growth. You can already lead others to join you as you run after God.

After completing this course, you know what to do. Keep showing up at church. Intentionally build relationships in which you can encourage others to pursue God alongside you.

The only remaining question is if you're prepared to pay the price. Make no mistake: there will be a price. It will require dedication, obedience, and hard work.

Is it worth it? Paul seemed to think so. Read verses 8 to 13.

Pay the price. Jesus is reigning. The Word is powerful. God uses our suffering for a purpose. Keep your eyes on Jesus. What you're doing will matter for eternity.

Next Steps

What stood out to you in this course?

What's the next step you can take to grow in your own walk with God?

What's the next step you can take to initiate an intentional disciple-making relationship? How can you take that step?

Module Three Summary



Many think they're not ready to help others grow, but you are ready if you are growing, even if you are far from perfect.

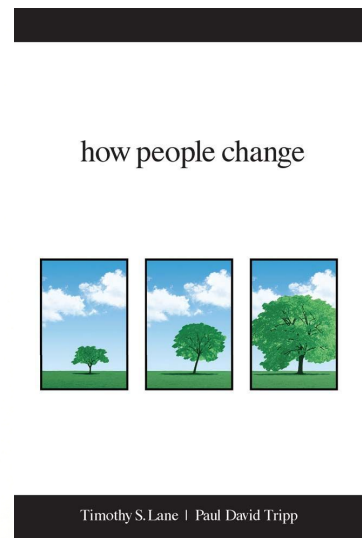
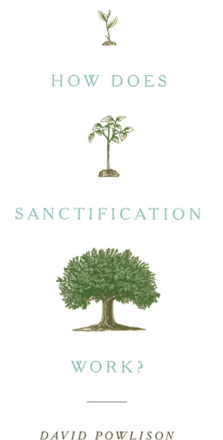
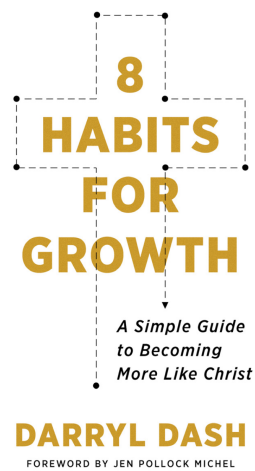
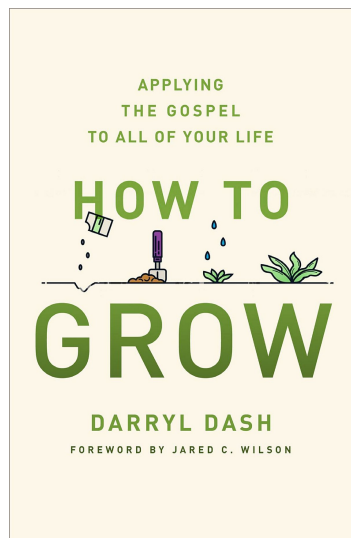
Many think they don't know what to do to help others grow, but all you have to do is participate in the life of the church and build intentional relationships.

The main issue we face is cost. Helping others grow will require dedication, obedience, and hard work.

The cost is worth it.

Just get started. God be with you.

Recommended Resources



[How to Grow: Applying the Gospel to All of Your Life to All of Your Life](#)

[8 Habits for Growth: A Simple Guide to Becoming More Like Christ](#)

[How Does Sanctification Work?](#)

[How People Change](#)

"We don't need you to be perfect. We just need you to allow us to follow you as you follow Jesus.

It's a strategy that's simple and effective. The results will ripple through generations."

Darryl Dash, *How to Grow*

We help churches make disciples.

We provide clear, practical, biblical resources for discipleship.

Visit us at gospelforlife.com.