

A CARE NET INITIATIVE

# *making* LIFE DISCIPLES™

2.0



## Session 1

All accompanying video  
content can be found here



# EACH SESSION IS BROKEN DOWN INTO 5 SECTIONS



## ① *GEAR UP*

Gear Up With Reading the Introductory Paragraphs



## ② *LEARN*

Watch the Session's Video



## ③ *PROCESS*

Process the Video and Introduction Through Discussion Questions



## ④ *BE ENCOURAGED*

Be Encouraged Through the *You're Not Alone* Section



## ⑤ *GO AND GROW*

Practical Assignments to Help You Grow and Prepare For Ministry

## SESSION 1

# WELCOME

## *Starting with the Gospel*



### GEAR UP

Thank you for joining us, friend! You're embarking on a twelve-week journey to become a special kind of first responder in your church and community. Women and men are facing pregnancy decisions all around us, and while there are many ways to engage on the issue of abortion, God has given us the solution: discipleship.

Many churches think nothing of investing time and money to equip a short-term mission team to go and offer compassion, hope, help, and discipleship to those who think differently than they do. What's more, in preparation for their trip, each team member would receive training to better understand the people group they'd be serving. Indeed, that's exactly what *Making Life Disciples* is: a cross-cultural training to help you better reach the abortion-vulnerable—a mission field right in your own church and community.

In these next few weeks, as you learn more about caring for lost and hurting people, don't forget along the way that your Heavenly Father cares for you. We believe He wants to minister to you even as you learn, and this guide is designed to help you draw closer to Him.

Whether you are using this training tool as part of a small group, in a Sunday School class, or on your own, we recommend taking the time to digest each week's content with the discussion questions. After you watch today's video, take some time to reflect or share on the topics below.



### LEARN - Watch Session Video - 30 MINUTES

[Again, all videos for all sessions can be found at [MakingLifeDisciples.com/watch-video](https://MakingLifeDisciples.com/watch-video) and on RightNow Media.]



## PROCESS - Discussion Questions

- *What caused you to want to take this course?*
- *What do you think of Roland's description of Pro Abundant Life? How is this different from how abortion is typically talked about?*
- *What stood out to you from Lauren's story?*
- *Have you been disciplined by someone before? Who? What impact did that person have in your life?*



## BE ENCOURAGED - You're not alone...

The topic of abortion can be intimidating, and so can many topics you'll face when discipling someone through a pregnancy decision and beyond. Thankfully, you're not the first to serve in this area and you are not meant to do this alone. Each session in this guide will connect you to the support you need—from God and from faithful servants in your community and across the United States.

The most comforting knowledge you could start with is that God will be with you on this journey. When Christ commissioned His followers to make disciples of every nation, He reminded them that He has all the authority and promised that He will always be with them.

*Jesus came near and said to them, "All authority has been given to me in heaven and on earth. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe everything I have commanded you. And remember, **I am with you always**, to the end of the age." -Matthew 28:20 CSB*

EACH SESSION IN THIS GUIDE WILL CONNECT YOU  
TO THE SUPPORT YOU NEED—FROM GOD AND  
FROM FAITHFUL SERVANTS IN YOUR COMMUNITY  
AND ACROSS THE UNITED STATES.

## GROW & GO - This week

In each session, you'll also find an encouraging and practical assignment to help you grow and prepare for ministry. Whether they help you experience what you just learned, send you out into your community, or direct you back into your prayer room, each exercise comes from careful consideration of what will best equip you as a *Life Disciple*.

For this first week, let's begin by making sure our life-affirming efforts are rooted in the heart of Christ. What does that look like? In truth, there is no better mirror of what internal beauty and godliness looks like than the Beatitudes in Matthew 5:1-12. Here Jesus gives his disciples eight characteristics that evidence being in a state of blessing and approval by God:\*

- *The poor in spirit*—this is viewing yourself as spiritually bankrupt before God. As the great hymn says, “Nothing in my hand I bring, simply to Thy cross I cling.”
- *Those who mourn*—this is a reminder that being godly is not being happy all the time. It's also a reminder that God sees and will one day comfort all whose current situation is intolerable or incomprehensible.
- *The meek*—to be meek means to not be arrogant. In other words, meek people are gentle, humble, and don't throw their weight around.
- *Those who hunger and thirst for righteousness*—this means that, in God's eyes, beautiful people are those who are eager to live as God requires.
- *The merciful*—this is a generous attitude which is willing to see things from the other's point of view, forgives, and is not quick to take offense.
- *The pure in heart*—this has to do with truthfulness or integrity, as well as having a heart that actively seeks God.
- *The peacemakers*—this refers to those who actively try to make peace by seeking reconciliation and bringing together those who are estranged.

- *Those who are persecuted for righteousness' sake*—this reminds us that followers of Jesus are not isolated from culture but rather engaged. As such, there are times when our counter-cultural beauty will arouse opposition.

After reading through Matthew 5:1-12 a couple of times and thinking about the definitions above, reflect on these questions:

- In trying to save people from abortion, how is the pro-life movement sometimes tempted to undervalue or forget about the Beatitudes?
- How are you tempted to do this? Which of the qualities above do you most need the Holy Spirit to help you mature in?

Finally, write out your answers to the questions above on the next page, concluding with a prayer that God would work in you both “to will and to do” of his good pleasure. (Phil. 2:13)

\*These definitions are informed by R.T. France’s commentary published by Eerdmans. In the words of D.A. Carson, France deserves “pride of place” among the best commentaries on Matthew (*New Testament Commentary Survey, Seventh Edition* (Grand Rapids: Baker Academic, 2013).

## This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# AN OVERVIEW OF MAKING LIFE DISCIPLE'S 12 ONE-HOUR SESSIONS

## **1. Welcome**

Starting with the Gospel

## **2. Context**

How Did We Get Here?

## **3. Qualifications**

You Can Serve with Compassion

## **4. Roadmap**

Understanding this Mission Field

## **5. Digging Deeper**

The People in this Mission Field

## **6. Connections**

Building Relationship Skills

## **7. Compassion**

“Care-frontation” and Fatigue

## **8. Abortion**

Knowing the Procedures

## **9. Abortion**

Coming to Grips with Hard Realities

## **10. Tools**

Equipping You as a First Responder

## **11. Realistic Alternatives, Part 1**

Parenting and Marriage

## **12. Realistic Alternatives, Part 2**

Adoption, Restoration, and Ongoing Support

*You have just completed Session 1. To find the full  
Handbook & Guide, visit [www.makinglifedisciples.com](http://www.makinglifedisciples.com).*



# *making* LIFE DISCIPLES™

## 2.0

### OUR TEAM IS READY TO HELP YOU GET STARTED!

To find out more about the Making  
Life Disciples curriculum or to  
purchase the complete book, visit  
[www.makinglifedisciples.com](http://www.makinglifedisciples.com).



Care Net, a national network of 1,200 affiliated pregnancy centers and a growing network of partner churches, created *Making Life Disciples* to equip your church to provide compassion, hope, help, and discipleship to women and men considering abortion.

CARE  NET

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