



Discipling: A Peer-Support Model for Recovery and Stigma Reduction among Bible-Based Christian Communities

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Overview:

- What is a Discipling Time?
- Why should we have a Discipling Time?
- Basic elements of a Discipling Time?



Expectations:

- Individuals often expect to confess or talk to a pastor and they expect help with their mental health challenge.
- The pastor often is unaware of local resources available through the county to help guide people.



Disclosure:

- We understand that many people do not believe nor practice reading or applying the Bible to their lives. This presentation does not intend to discriminate nor judge people from other religions or atheists.
- This presentation demonstrates how the Bible and Discipling Times have helped us and others for recovery and wellness.



What is a Discipling time?

- Disciple = a student of a doctrine: one who accepts and spreads the doctrine of another.
- Discipling = A friendship between one or more people focused on mutual support to continue learning and putting into practice the doctrine they believe in and teach.

Two Forms of Discipling:

- **Discipling Groups:** three or more people who meet, listen, and give Bible-based mutual support and direction to each person in the group.
- **Discipling Partners:** two people meeting together providing more specific mutual-individual spiritual support.



Why should we have a Discipling Time?

- To support one another to:
 - Love God
 - Love your neighbor
- We believe this is how we achieve wellness for all areas of our lives, not only for ourselves, but also for others who choose to apply the Bible to their lives.

Scriptures:

- ¹² No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us. (1 John 4:12)
- ¹⁶ All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work. (2 Timothy 3:16-17)

Basic Elements of a Discipling Time?

- To identify what a disciple is: people who follow God and obey the Bible.
- The scriptures are equally applicable to ourselves as much as they are to others.
- Must rely on the scriptures to speak candidly, and identify good and bad in peoples' lives.
- Discipling partners are subjected to the same scriptures, therefore no one has authority over or to judge another.
- Everyone is able to provide advice through the Bible, not just their own opinion or feelings.

Basic Elements of a Discipling Time?

- The most important thing:
Everything must be done with Biblical love.
 - Discipling times without Biblical love loses value.

⁴ Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. (1 Corinthians 13:4-7)



How Do Discipling Times Support Mental Health?

- 1) Provides opportunities to discuss all aspects of life, in a supportive peer-setting (good and bad).
- 2) Offers opportunities to be heard by someone who is compassionate.
- 3) Provides options, resources and support to overcome obstacles and challenges.
- 4) Opens dialogue between people to identify needs and how to meet those needs, whether physical, spiritual or emotional.
- 5) If mental health challenges are identified disciples can refer to outside mental health providers or other resources to support individual's recovery.

RESOURCES

1. <http://proverbs31.org/>
2. <http://bacc.cc/>
3. <http://www.troubledteensguide.com/Teens/California/Christian-Help-For-Struggling-Teens/index.html>



An Example of a Discipling Time



Questions and Answers



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