

# Jump Groups

## A Simple System for Making Disciples

### We are convinced

that a living relationship with Jesus Christ as Lord is the most powerful method of solving human problems and healing broken human lives.

*“How do I become a Christian?”  
“How do I rededicate my life to Christ?”*

We become Christians when God answers a prayer like the following:

**The Centering Prayer**  
*Lord Jesus, today I am far less than the person I want to be or can be with your help. I ask today that you would be more and more the center of my life. Guide me to all that is good, cleanse me from all that is not. Teach me Your ways and form in me Your nature. Work through me to redeem my neighborhood. I am a sinner; please be my Shepherd, my Savior and my Lord. Amen.*

This same prayer works whether we are asking for the first time to become a Christian or renewing our commitment to become a better Christian.

There is a powerful discipleship system for spiritual growth developed by Neil Cole called a **“Life Transformation Group”** (or “LTG” for short) in his book *Cultivating A Life For God*. An LTG uses three elements - Bible reading, Questions and Partnership - to help us jump up to a higher spiritual level and a higher quality of life. That’s why we call it a **Jump Group**. The four parts of the discipleship system are listed in this brochure. I would like to invite you to try this system of spiritual growth as an experiment in growing your faith!

Pastor Dave Kueker

### The Prayer Tool

*This is good, and it is acceptable in the sight of God our Savior, who desires all men to be saved and to come to the knowledge of the truth. 1 Timothy 2:3-4*

The Prayer Tool helps us develop a **spiritual relationship** to help someone **find faith** and then **grow in faith**. You promise to faithfully do four things for each person on your list:

*Pray Daily                      Invite Monthly  
See Weekly                      Evaluate Annually*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

*Who do I know and see every week who needs God, whether they go to church or not? Who do I know who rarely or never goes to church? Who would I like to join with me in a JUMP group?*

#### Month by Month Prayer Tool Option:

Choose one person each month for a year.

**50/50 Option:** Alternate every other month choosing someone inside church, then outside.

Prayer Tool “lite” - levels if these are too challenging:

Regular - 12 persons                      “Lite-er” - 2 Persons  
“Lite” - 4 persons                      “Lite-est” - 1 person

"Enter by the narrow gate; for the gate is wide and the way is easy, that leads to destruction, and those who enter by it are many. For the gate is narrow and the way is hard, that leads to life, and those who find it are few."  
Matthew 7:13-14

"Why do you call me 'Lord, Lord,' and not do what I tell you?" Luke 6:46

"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 all that I have commanded you; and lo, I am with you always, to the close of the age."  
Matthew 28:19-20

*JUMP = Jesus Understands My Problems*

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## Bible Reading

*Jesus then said to the Jews who had believed in him, "If you **continue in my word**, you are truly my disciples, and you will know the truth, and the truth will make you free." John 8:31-32*

Members of Jump Groups set a goal to read 28+ chapters of the Bible each week, an average of 4 per day. (At first this simple goal will seem impossible to achieve.) Most groups choose a book of the Bible and read it at this pace. The goal is to read these chapters every week - some weeks you might read less, but read the same chapters over and over again. Groups of 2-4 persons stay with the same book of the Bible until everyone has completed the reading. In one week with this plan you can read Matthew once (28 chapters) or Colossians 7 times (4 chapters).

This method of reading the same section of Scripture over and over has several advantages. First, you can read it like a newspaper - read over it all, but you don't need to concentrate on every word. Second, by reading the same chapters over and over you will eventually memorize them without any significant effort. Third, your familiarity over multiple readings will result in sudden insights as God opens up deeper meanings and connects the various ideas together. Fourth, you are building a good habit of reading God's word regularly.

Some people don't enjoy reading, so even one chapter a day is a challenge for them. Yet even one chapter read daily until it is familiar can make a tremendous difference in our spiritual life. **Don't worry about it . . . just do it!**

And as your pastor, I am always available to partners to answer questions about a Bible passage and its meaning. Just ask - but you'll be surprised how much you learn in several weeks of reading.

## Questions

*"Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you. For every one who asks receives, and he who seeks finds, and to him who knocks it will be opened." Matthew 7:7-8*

1. *Begin with the Centering Prayer or one like it.*

2. *What chapters in the Bible did you read? What is God telling you through what you read? What are you going to do about it?*

JUMP "lite" - levels if these are too challenging:

Kindergarden	0	Bible chapters a week
Elementary:	1-6	Bible chapters a week
Freshman:	7+	chapters a week (25%)
Sophomore:	14+	chapters a week (50%)
Junior:	21+	chapters a week (75%)
Senior:	28+	chapters a week (100%)

3. *What did you hear from Jesus through prayer about His will for your life this week? What are you going to do about it?*

4. *As a maker of disciples, who are you praying for to find Christ? How are you loving your neighbors? What conversations have you had? How has God been present? What is happening in their lives? What are you going to do next?*

Questions for my own goals and growth:

5.

6.

7. *Becoming like Christ: Rate yourself +/-*

Love	Patience	Trustworthy
Joy	Kindness	Gentleness
Peace	Generosity	Self-control

\* \_\_\_\_\_ \* \_\_\_\_\_ \* \_\_\_\_\_  
*Were you financially honest this week? (Mt 6:21)*

*Do you wish anyone harm?*

*Who needs your forgiveness?*

*Participate in any addictive behaviors this week?*

## Partnership

*"For where **two or three** are gathered in my name, there am I in the midst of them." Matthew 18:20*

Something unique happens when we become partners in faith with one to three other people. We learn more, and we enjoy it more. Jesus says, literally, that He is present in a unique way when two or three people gather.

You can grow spiritually through your own private prayers, but your growth can be doubled if you meet with another, and tripled if you and your partner invest yourselves in a third and fourth person.

**Spiritual partners meet together once a week** at a convenient time for about an hour or less. During that time you answer the Questions honestly.

Here are some tips for choosing a spiritual partner:

1. *Partners should be of the same sex - men with men and women with women.*
2. *A partnership of two will open up to include a third and fourth person, and then open further into 2 groups of 2 persons.*
3. *Partnerships are not forever - these spiritual friendships of two to four persons are very flexible, forming and reforming as seems to be meaningful. This allows meaningful spiritual friendships to develop with a variety of people and builds a spiritual network within the church.*

If no one comes to mind as a partner for you, let me know and I will help you find one!

Pastor David Kueker