

# Discipleship Triad Discussion-guiding Questions

Discipleship happens within a relational context. Trust is essential, and this takes time to establish. Sometimes one-on-one interaction is the best way to build trust with a mentor. Eventually, three people (a “triad”) becomes more effective because it has a relational dynamic that draws each person out in unique ways, and is small enough that each person gets their share of time. Remember, we are each a disciple of Jesus and we want Him to lead. The mentor is there to help the disciple listen to the Holy Spirit in the word of God, to discern what next step of obedience Jesus is calling them to take.

Here are some questions that can help guide your discussions, starting with some relatively easy ones.

- What are you thankful for?
- What are five words you use to describe yourself?
- What’s something few people know about you?
- What book have you read lately that taught you something?
- What’s an important lesson you’ve learned this week/year?
- Who inspires you to be better?
- What excites you about life right now/What are you celebrating/What have you seen God doing lately?
- Where are you reading in the Bible right now, and how have you put it into practice?
- Where would you say you are in your spiritual journey?
- How do you feel most fulfilled?
- What are some doubts you struggle with? What do you fear?
- What risks are worth taking?
- When do you feel truly “alive”?
- Where would you like to use your gifts?
- How would you describe your spiritual life right now?
- How is your soul? What are you hearing from God?
- What emotions did you experience this week that surprised you?
- What actions or responses are you celebrating, or need to process?
- What thoughts kept you from being free OR how have fear and shame directed your mental processes?
- What do you sense the Lord is inviting you into that is hard?
- How can we pray for you?

Reading or studying through a book of the Bible can be a great guide to spiritual conversation, as long as the mentor comes up with some good discussion questions to help draw out the understanding of the disciple. There are many good printed guides that can help in this process, from the Navigators, Cru, Intersity, and other publishers that focus on discipleship materials. Remember, the goal is for the disciple to engage God the Father, the Lord Jesus Christ, and the Holy Spirit in every area of their life, so no subject is off-limits if it seems important. Moving the conversation toward prayer (e.g. “How can I pray for you this week?”) can be a good way to keep the conversation on track toward engaging God together.