

## How to choose those you will disciple

Think of how Jesus chose the twelve. They were not the brightest and best of their day—that's for sure. Most likely these men had been overlooked or discarded by the religious leaders of their day. They were common men. So don't let external signs deter you. Instead, we should look at Jesus' example and what he did. Here are some things we learn from Jesus.

### Pray for Disciples

First, pray. On the night before Jesus chose the twelve men he would invest his life into, he spent the night in prayer (Luke 6:12-13). I'm sure Jesus prayed for the Father to make it clear to him who he should choose. At the very least, he was praying for specific people he had in mind. What else was he praying for that night with such a major decision? So should you start with prayer.

### Look for Persons with Spiritual Interest

Second, look for those who have an interest in spiritual matters. As Jesus prayed about whom to select, he chose men that had already shown a high interest in spiritual things. Jesus didn't have to twist their arms. After all, it was Andrew and John that pursued him in the very beginning (John 1:39). After this meeting he spent almost two years with them, watching their behavior and seeing their hearts. Out of his relationship with them, he was able to choose men who were eager to grow. When the Apostle Paul chose Timothy, he noticed that Timothy had a good reputation and was eager to grow (Acts 16:1-3). The best disciples are those in whom the Spirit of God is already at work, which is often seen as a hunger for spiritual things. Their spiritual light is on. Start looking around you. Ask God to show you the ones that are eager and ready to grow.

### Find the Faithful, Available, and Teachable

Third, look for F.A.T. people. That's right, F.A.T. people who are faithful, available, and teachable (the first letter of each word makes F.A.T.).

Paul told Timothy to invest his time in "faithful men who will be able to teach others also" (2 Timothy 2:2). Choose people who are faithful to do what you are training them to do. You certainly don't want to put time into a person who will not be faithful to do what call them to do. That's why Paul told Timothy to look for faithful men. Jesus chose faithful men.

Choose people who are available, who will create time in their busy schedule to meet with you for training. I will often see a person who is eager and faithful, but is not available. There are too many demands and too many distractions in life. Jesus said that these people are like a seed sown among the weeds. They hear the Word and they begin to grow but the "care of this world, the deceitfulness of riches and the desire for other things" strangle out the potential for growth

that God is working in their life (Mark 4:19). Therefore, they don't really bear lasting fruit in their lives.

Lastly, look for those who are teachable, not those who argue every point or play the critic. Look for those who are teachable and eager to learn. This is huge!

Taken from: <https://discipleship.org/blog/how-to-choose-disciples-wisely>

A couple other guiding notes for choosing those you will disciple:

- Always disciple someone of the same gender.
- It may be best not to pick people you are good friends with. Picking people you are good friends with might make it hard to truly hold them to what was agreed upon as well as speak truth into their lives when they are in sin.
- If possible, seek to disciple others younger than you or those for whom you would be perceived to be "*one life stage ahead*". Physical maturity and spiritual maturity are not the same so this is not a hard and fast rule, however, older believers teaching younger believers is a biblical principle that should be practiced if possible (Titus 2:1-5).