A JGM FIELD GUIDE

Are You a Disciple?

Following Jesus is more than claiming a name. It is learning His way, practicing His teaching, loving His people, and helping someone else grow.

By Mareneo “Reno” Flournoy

01 · THE QUESTION

You can carry the label and still avoid the life.

Jesus did not invite people to admire Him from a distance. He called them to follow. A disciple is a learner who stays close enough to Jesus for His words, example, and Spirit to reshape everyday life.

“A disciple is not simply someone who knows about Jesus. A disciple learns from Jesus and lives what He teaches.”

“By this all people will know that you are my disciples, if you have love for one another.”

JOHN 13:35

02 · THE EVIDENCE

Five marks of a disciple.

These are practices to grow in, not boxes to use against yourself or other people.

01 Learns from Jesus

A disciple returns to Scripture, asks honest questions, and lets truth correct assumptions.

Read: Luke 6:40 · John 8:31-32

02 Loves like Jesus

Love becomes visible through patience, forgiveness, generosity, truth, and practical care.

Read: John 13:34-35

03 Obeys what Jesus teaches

Knowledge moves into action. A disciple chooses the way of Jesus when it costs something.

Read: Matthew 7:24-27 · John 15:9-17

04 Lives in community

Disciples pray, learn, worship, share, and care for one another instead of trying to grow alone.

Read: Acts 2:42-47

05 Helps others follow

A disciple points people toward Jesus, teaches what He commanded, and models a repeatable life.

Read: Matthew 28:18-20 · 2 Timothy 2:2

03 · THE MIRROR

Don’t rush past the honest questions.

01 What teaching of Jesus am I actively practicing right now?

02 Where is love visible in the way I treat difficult people?

03 Who knows my real spiritual condition and can challenge me?

04 Who am I helping learn and live the way of Jesus?

Write your responses in a journal or discuss them with someone you trust. This reflection is not a scored assessment.

04 · THE PRACTICE

A seven-day discipleship rhythm.

Small, repeated obedience forms a life. Use this rhythm for one week, then repeat what helped you stay attentive to Jesus.

DAY 1

Read Luke 6:39-49. Write one sentence defining discipleship.

DAY 2

Read John 13:1-35. Practice one quiet act of love.

DAY 3

Read Matthew 28:16-20. Name one person you can encourage.

DAY 4

Read Acts 2:42-47. Strengthen one Christian relationship.

DAY 5

Review something Jesus taught and put it into action.

DAY 6

Share what you are learning with another person.

DAY 7

Reflect: what changed, and what will you continue?

Now find your starting point.

Complete the free ETS Academy profile assessment. You will see a growth-focus summary across six competencies and receive one lesson matched to your clearest learning need. This is a recommendation, not a leadership credential.

Take the free assessment: jgmovement.com/profile

Continue with the full Academy lesson