

THE DEVELOPMENT PROJECT

# DISCIPLE GUIDE

MODULE 1 - SESSION 5

**Disciple Guide  
Module 1, Session 5**

**Core Focus: My previous training (development) is in direct opposition to His training (development).**

**Video Questions and Statements**

**Hebrews 5:13-14 AmpC**

For everyone who continues to feed on milk is obviously inexperienced and unskilled in the doctrine of righteousness (of conformity to the divine will in purpose, thought, and action), for he is a mere infant [not able to talk yet]! 14 But solid food is for full-grown men, for those whose senses and mental faculties are trained by practice to discriminate and distinguish between what is morally good and noble and what is evil and contrary either to divine or human law.

Senses—body

Mental faculties—soul

1. Surviving is not the same as \_\_\_\_\_.

**Psalms 51:5 KJV**

Behold, I was shaped in iniquity; and in sin did my mother conceive me.

I was conceived in sin but shaped by iniquity.

2. What did I hear in the session video concerning these two aspects?

a. Conceived in sin

b. Shaped by iniquity

3. My core problem isn't other people. My core problem is I was born with \_\_\_\_\_  
\_\_\_\_\_.

4. I can't get free by finding someone to blame. But it is necessary to see from God's perspective the effect my environment had in shaping and training my senses and mental faculties.

5. A key component of discipleship is giving God \_\_\_\_\_.

6. What examples in the session video did I relate to? (e.g. always the responsible one or class clown)? Example:

- a. Having incredible radar – hypervigilant
- b. Anticipating what others need
- c. Perfectionism keeps others from criticizing me

d. Other (List any others you have become aware of)

7. How was my thinking shaped by someone or something other than Holy Spirit and The Word of God?

8. In what ways were my senses and mental faculties trained for survival rather than trust? What survival strategies once kept me going but are now blocking my growth?

9. A stuck feeler is based on stuck thinking.

10. Emotions simply follow \_\_\_\_\_.

11. What does it mean to me that my stuck emotions may be rooted in stuck thinking?

12. I am coming to the \_\_\_\_\_ table. Will I take my seat and shift from milk to meat?

### Psalm 23:5

You prepare a table before me in the presence of my enemies. You anoint my head with oil; my [brimming] cup runs over.

13. He has set a table for you in the presence of your enemies. [Take note it is not in the absence of your enemies.] What are my thoughts about this statement?

Core Question: Am I willing to give Him time?

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**God is not asking you to fix what's broken—He desires you to trust Him to retrain and restore you.**