

## ***DAY 6: DEPLOYED DISCIPLE***

Crosspoint is promoting “deployed disciple” as the third role of a disciple and all four roles are equally important. As a deployed disciple, we are Jesus’ feet. We go and make disciples in our daily lives. We are deployed on a mission! This goes further than just being a helpful neighbor to those around us but actually understanding our role in God’s mission as a disciple-maker. Today we focus on being a disciple AND making disciples!

In a culture where we have food everywhere, not to mention commercials, bill boards, ads and “God, please help us get past the candy at the check-out counter!”, fasting seems out of place, even out of step with the culture. It’s the last thing on our minds. Yet, for Jesus, fasting was key as He went about His calling to start the disciple-making movement. He often slipped off to a place of prayer (Mark 1:35) to refuel and get clarifying direction from God for the task ahead of Him.

As you slip off today to a quiet place to fast and pray, you are living out Jesus’ example.

If you need added incentive to stay the course, remember fasting has huge health benefits: it lowers inflammation, burns fat, lowers insulin levels, balances hormones and helps with detox. The longer a fast the more significant these results become. But a 16 hour fast in itself is helpful. What is the #1 health benefit you’d like to get from your fasts?

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What is the #1 spiritual benefit you’d like to get from your fasts?

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Remember, the disciple-extraordinaire, Paul, tells us in 2nd Corinthians 11:27 that he “engaged in fastings often.” Fasting is an important part of our lives as deployed disciples.

### **P.R.A.Y.**

**Pause:** Begin by taking some moments to slowly capture deep breaths. Imagine inhaling the love, joy, inspiration of the Holy Spirit and exhaling poor attitudes, stress, and anxiety. Slow your motors before God.

**Rejoice:** Thank God for calling you to be His disciple. What part about being deployed on mission has been a particular blessing to you? Praise Him for those things and record your answers here:

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Who has God placed in your life to disciple or be potential disciples of yours in particular? Write their names and a prayer of praise for them.

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**Ask:** Ask God to make it clear to you who to begin discipling. Meditate on this for a moment and ask for inspiration. Who came to mind?

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Ask God if He is wanting you to start or be part of a multiply group in this semester to help you grow in spiritual depth. If you sense “yes” talk to a pastor about this decision and ask to get connected. Is He?

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Who will you speak to about it?

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**Yield:** Going deeper in as a disciple is a big step. Certainly, developing a rhythm of fasting and prayer is part of it. What is a weekly rhythm of fasting you could implement into your schedule?

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Is God calling you to begin discipling others either in a multiply group or one on one in a more casual relationship? Are you willing to yield and say yes now?

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