

## CORE—NEW Lesson 5 (2025-26 edition) Facilitator’s Guide:

The Identity I Received—Living with D.I.S.C.I.P.L.E. Identity  
*For Bible Classes, Small Groups, Family Studies, & Individual Studies*

**Aim:** To help your students identify, specify, and commit to an openness toward spiritual transformation in a certain area(s) of their life in 2026.

**Key Bible Verse:** Luke 6:40—“A **disciple** is not above his teacher, but everyone when he is fully trained will be like his teacher.”

**Special Note:** Remember, no new content needs to be shared in these facilitated CORE classes other than what is below. The sermon is intended to provide the biblical foundation and personal inspiration for class time. Teachers can then help move students through the discussion, activity, and self-made commitments by gentle prompts and continual encouragement. The evidence of a good facilitated class is when students speak more than the facilitator. May God bless this study.

### **Bible Class Welcome & Prayer (3-5 minutes)**

- **Review** the purpose of CORE (to know, live, and share the Christian Faith) & discuss progress so far in personal, family, & class goals.
- **Ice Breaker:** Has anyone ever had such a transformation that caused someone who knew you well not to recognize you at first (e.g. car accident, weight loss, out of context, new demeanor)?

### The Identity I Received as a D.I.S.C.I.P.L.E. (about 30 minutes):

- 1. Discussion (5-7 mins):** Write the **D.I.S.C.I.P.L.E.** acronym on the board and discuss it in BROAD TERMS first: Ask questions like (a) “what stands out to you?” (b) what are you convicted by? (c) what is missing that we could add/adjust? The goal is to make sure everyone UNDERSTANDS the meaning of all 8 items:
  - D**– Discipler (who is discipling you right now or has in the past?)
  - I**– In the Word/Prayer (how/when do you read/pray?)
  - S**– Spiritual Gifts (what are some of your spiritual gifts?)
  - C**– Call Story (how did you come to faith and/or find your ministry for the Lord?)
  - I**– Identity, Spiritually? (how are you doing spiritually, right now?)
  - P**– People/Sheep (who are you responsible for?)
  - L**– Leading to Christ? (who are you actively leading to Christ right now?)
  - E**– Exercise/Stretch (what is 1 big spiritual goal you have set for yourself this year?)
- 2. Activity (5-7 mins):** Ask each person to take a sheet of paper (or on their phone) write down their answer to each of the 8 questions above (e.g. who is their discipler, when are they in the word/prayer, what are some of their spiritual gifts, who are their people/sheep in 2026?).
  - a. Prompt Help:** Ask those who are getting this easily or are being particularly challenged to think of the **past, present, and future** (e.g. who disciplined them in

the past, who is discipling now, and who would they like discipling them in the future?)

3. **Sharing (7-10 mins):** Have each person share with the person beside them (or anyone with whom they are COMFORTABLE) a few of the items on their sheet. Let the other person share a few items with them.
4. **Class Reflection (3-5 mins):** As a class, have 2-3 people share with everyone what they learned from the experience (how was it to hear someone else's 8 items? How was it sharing some of your own? Did you realize an area of particular strength or a growth area for 2026?)
5. **Encourage & Dismiss (2-3 mins):** Encourage everyone to consider sharing their list with family and friends and to post it somewhere visible in their home so that they can grow in all 8 areas in 2026. End with the key Bible verse (Luke 6:40) and prayer.

#### **Going Deeper Homework—B.A.T. Challenge for the Month:**

1. **Believe:** Write out your answers to all 8 areas of the D.I.S.C.I.P.L.E. acronym in light of the past, present, and future (e.g. who has discipled you, is discipling you, and do you want to be discipling you in 2026?)
2. **Act:** Begin to fulfill each of these 8 areas over the course of the month to reach your goals by the end of the year.
3. **Teach:** Share your list and how you are beginning to fulfill each area with friends and family. Share your list on the College Church App "CORE Discussion Group" to encourage all of us.

#### 12 Spiritual Disciplines Challenge (Try to complete all 12 by the end of the 12 month study of CORE):

1. **Write a Letter to God:** Express your heart's deepest thoughts to your creator and Lord in writing.
2. **Play with Others:** Have fun with family, friends, neighbors, or acquaintances as service to God.
3. **Hospitality:** Use your home, money, resources, or time to care for someone else's needs.
4. **Sabbath Keeping:** Choose a day to break from your regular routine. Prepare ahead of time and make sure that others can sabbath with you.
5. **Submission to God:** Submit to the Word of God in a specific area where you have been resisting him.
6. **Pray for the Success of a Competitor:** Seek God on behalf of someone with whom you don't always see eye-to-eye.
7. **Secret Service:** Do good for someone without drawing attention to your act.
8. **Deaccumulation:** Get rid of something that you do not need or something you value as a gift for another.
9. **No Gossip Day:** Do not spread true or false information about others that ought not be shared.

10. **Fast:** Give up a meal, social media, or even speaking for a day to devote more time to God and others.
11. **Worship:** Spend time in extended prayer, singing, reading/memorizing scripture, meditation with God.
12. **Custom Discipline:** Choose your own spiritual discipline to observe alone or with others for a set time.

**Complete & Take a Picture of Page 20 in the CORE notebook, then take a pic to share with the “CORE Leaders Group” on the CC App.**