

LIVING AS FOLLOWERS OF JESUS

A FOUR-WEEK BIBLE STUDY



REV. DON DU BOIS ROBINSON

WELCOME

Dear friend, each lesson in this study explores an essential part of life with Christ: following Him through daily surrender, growing through God's Word, serving with humility, and living as light in the world. These are not merely subjects to discuss. They are habits of grace through which the Holy Spirit forms us into faithful disciples.

Come to each study with an open Bible, an open heart, and a willingness to respond. Read slowly. Listen carefully. Answer honestly. Pray expectantly. Allow God not only to teach you something new, but also to make you someone new.

My prayer is that when these four weeks are complete, you will not simply know more about how to follow Jesus. You will be walking more closely with Him—and others will be able to see the difference.

Grace and Peace,

Don Du Bois Robinson

Rev. Don Du Bois Robinson

AN INVITATION



Come with an open Bible, an open heart, and a willingness to respond.

STUDY GUIDE

Four Weeks of Formation

SESSION	STUDY	SCRIPTURE
WEEK ONE	Following Jesus Every Day	Luke 9:23–26
WEEK TWO	Growing Through God's Word	James 1:19–25
WEEK THREE	Serving Like Jesus	Mark 10:35–45
WEEK FOUR	Living as Light	Matthew 5:13–16

HOW TO USE THIS STUDY

- Read the passage in your preferred Bible translation before each session.
- Invite the Holy Spirit to show you what needs to change, not only what you need to know.
- Use the reflection questions for personal journaling or group conversation.
- Write one practical response in the participant notes at the end of each lesson.
- Return to the closing prayer during the week.

WEEK ONE

Following Jesus Every Day

Luke 9:23–26



Prayer:

Lord Jesus, teach me what it truly means to follow You today.

♦ BIG IDEA

Following Jesus is not merely believing in Him. It is surrendering to Him daily.

ENTER THE STORY

Jesus' public ministry had reached a turning point. Crowds followed Him because of His miracles, His teaching, and the hope that He would establish God's Kingdom in Israel. Even the disciples expected victory and national restoration.

Just before this passage, Peter confessed that Jesus was "the Messiah of God." Yet Jesus immediately spoke of suffering, rejection, death, and resurrection—a path His disciples could scarcely understand.

They expected a conquering king who would overthrow Rome. Jesus revealed that He would first be the suffering Savior who conquers sin and death.

Then Jesus addressed everyone following Him. His words turned discipleship from admiration into commitment: anyone who desired to follow Him must deny themselves, take up their cross daily, and go wherever He led. Jesus was calling ordinary people into an extraordinary life of daily surrender.

+ KEY TRUTH

The Christian life is built on surrendered days—one day at a time.

WHAT THIS REVEALS ABOUT JESUS

Jesus never lowered the cost of discipleship to gain more followers. He loved people too deeply to offer them an easy faith that required no sacrifice. Instead, He honestly explained that following Him would require complete commitment.

Yet notice what Jesus also reveals about Himself. He never asks His followers to travel a road He has not already walked. Before asking His disciples to carry a cross, He would carry His own. Before asking them to surrender their lives, He would willingly lay down His life for the salvation of the world.

Jesus is not merely a teacher giving difficult commands. He is the Savior who demonstrated perfect obedience to the Father and now lovingly invites us to walk behind Him. Every command He gives is rooted in His love for us and His desire to lead us into the abundant life only He can provide. The cross is not simply a symbol of sacrifice. It is the pathway to resurrection.

A TIME TO PAUSE

Read Luke 9:23 again slowly. Notice the word daily. Jesus is not asking only for one great act of commitment. He is asking for today's commitment. Tomorrow will bring another opportunity to follow Him.

- What area of my life am I still trying to control?
- What would surrender look like today?
- What cross has Christ asked me to carry that I have been avoiding?
- Where is Jesus inviting me to trust Him more fully?

QUESTIONS FOR REFLECTION

1. What does “denying yourself” mean in everyday life?

2. Why do you think Jesus described discipleship in terms of carrying a cross?

3. What competes for first place in your heart?

4. How can following Jesus become part of your daily rhythm rather than only a Sunday experience?

5. What area of your life needs fresh surrender this week?

✦ CLOSING PRAYER

Lord Jesus, thank You for inviting me to follow You. Teach me to deny myself, trust Your leadership, and faithfully carry my cross each day. Help me discover that true life is found in surrendering completely to You. Shape my heart until others can see Christ living in me. In Jesus' name. Amen.

WEEK ONE PARTICIPANT NOTES

Following Jesus Every Day

WHAT CHALLENGED OR ENCOURAGED ME

WHAT GOD IS SHOWING ME

ONE STEP OF OBEDIENCE

MY PRAYER THIS WEEK

WEEK TWO

Growing Through God's Word

James 1:19–25



Prayer:

Open my heart to receive and obey Your Word.

✦ BIG IDEA

Healthy disciples are shaped by Scripture, not simply informed by it.

ENTER THE STORY

James wrote to believers whose lives had been disrupted by persecution. Many had been forced to leave their homes and communities because they chose to follow Jesus. They faced uncertainty, hardship, and the daily pressures of living in cultures that often opposed their faith.

James understood that these believers needed more than encouragement. They needed maturity. Throughout this letter, James emphasizes that authentic faith always produces visible transformation. A genuine relationship with Christ changes the way believers speak, think, respond to suffering, treat others, and receive God's Word.

Our passage focuses on one of God's greatest gifts to His people—the Scriptures. James reminds us that the Bible was never intended to become another book sitting on a shelf. God's Word is living, active, and powerful. It reveals God's heart, exposes our own, and continually shapes us into the likeness of Christ.

Healthy disciples do not merely study Scripture. They allow Scripture to study them.

✦ KEY TRUTH

Healthy disciples do not merely study Scripture. They allow Scripture to study them.

WHAT THIS REVEALS ABOUT JESUS

Jesus is the Living Word who continues speaking through the written Word. Throughout His earthly ministry, Jesus consistently pointed people back to God's truth. He resisted temptation by quoting Scripture. He taught with authority because every word reflected the Father's heart. He fulfilled every promise found in the Old Testament.

When we open our Bibles today, we are not simply reading ancient history. We are encountering the living Christ.

Jesus desires more than our intellectual agreement with His teachings. He desires transformed hearts that increasingly reflect His character. As His Word takes root within us, we begin thinking like Him, loving like Him, forgiving like Him, and serving like Him. Every time we open Scripture with humble hearts, Jesus continues His work of making us into His disciples.

A TIME TO PAUSE

Before reading another passage of Scripture this week, pause long enough to invite God to speak. Every encounter with God's Word presents a choice: we can close our Bible unchanged, or we can allow God's truth to reshape the way we live.

- Am I reading simply to finish today's passage?
- Is there an area where God has already spoken that I have not yet obeyed?
- What truth is the Holy Spirit asking me to put into practice today?

QUESTIONS FOR REFLECTION

1. What keeps people from truly listening to God's Word?

2. How has Scripture challenged or corrected your thinking recently?

3. What is the difference between hearing God's Word and obeying it?

4. What spiritual "weeds" may be preventing God's Word from taking root?

5. What practical habit could make your Bible reading more intentional?

✦ CLOSING PRAYER

Father, thank You for giving us Your Holy Word. Give me ears to hear, a heart that welcomes Your truth, and the courage to obey what You reveal.

Do not simply increase my knowledge. Continue shaping my life until Your Word becomes visible in everything I do. In Jesus' name. Amen.

WEEK TWO PARTICIPANT NOTES

Growing Through God's Word

WHAT CHALLENGED OR ENCOURAGED ME

WHAT GOD IS SHOWING ME

ONE STEP OF OBEDIENCE

MY PRAYER THIS WEEK

WEEK THREE

Serving Like Jesus

Mark 10:35–45



Prayer:

Give me the heart of a servant like Yours.

♦ BIG IDEA

Greatness in God's Kingdom is measured by service.

ENTER THE STORY

As Jesus and His disciples traveled toward Jerusalem, the atmosphere was filled with anticipation. Jesus had spoken repeatedly about His coming suffering, but the disciples still expected Him to establish His earthly kingdom. In their minds, the question was no longer if Jesus would reign—it was where they would stand when He did.

James and John approached Jesus with a bold request. They asked for the seats of highest honor at His right and left hand. Their request revealed how differently they understood greatness from the way Jesus defined it.

Rather than rebuking them harshly, Jesus used the moment to teach one of the greatest lessons on leadership in all of Scripture. In God's Kingdom, greatness is never measured by position, prestige, or power. Greatness is measured by humble service.

Jesus then pointed to Himself as the ultimate example. Although He was Lord of all, He came not to be served but to serve and to give His life as a ransom for many.

+ KEY TRUTH

Greatness is not discovered by climbing above others, but by kneeling beside them.

WHAT THIS REVEALS ABOUT JESUS

Jesus possesses all authority, yet He chose humility. He deserved a throne, yet He knelt to wash His disciples' feet. He deserved to be served, yet He became the servant of all.

Everything Jesus did demonstrated that love willingly places the needs of others before its own. The cross itself stands as the greatest act of servant leadership in history.

Jesus teaches us that genuine greatness is never found in climbing above others. It is discovered by kneeling beside them. When His followers serve without demanding recognition, they reveal the heart of the Savior who gave Himself for the world.

A TIME TO PAUSE

Think about the people God has placed around you—family, church members, neighbors, coworkers, and friends. Service often begins with noticing what others overlook and responding before anyone asks.

- Whose burden can I help carry this week?
- Am I serving for recognition or out of love?
- How would Jesus respond to the people I encounter every day?
- What simple act of service could become a living sermon?

QUESTIONS FOR REFLECTION

1. Why do people naturally desire recognition and position?

2. How did Jesus redefine greatness for His disciples?

3. What does servant leadership look like in the church today?

4. Who has modeled Christlike service in your life?

5. Where is God inviting you to serve this week?

✦ CLOSING PRAYER

Lord Jesus, thank You for showing us that true greatness is found in
serving others. Remove selfish ambition from my heart.

Give me eyes to notice needs, hands willing to help, and a spirit that
serves with humility and joy.

May my life reflect the Servant Savior. In Jesus' name. Amen.

WEEK THREE PARTICIPANT NOTES

Serving Like Jesus

WHAT CHALLENGED OR ENCOURAGED ME

WHAT GOD IS SHOWING ME

ONE STEP OF OBEDIENCE

MY PRAYER THIS WEEK

WEEK FOUR

Living as Light

Matthew 5:13–16



Prayer:

Let Your light shine through me so others may see Christ.

♦ BIG IDEA

The church exists to influence the world rather than imitate it.

ENTER THE STORY

These words come from the opening section of Jesus' Sermon on the Mount. Having described the character of His followers through the Beatitudes, Jesus now explains their purpose in the world.

Believers are called to be salt and light. Salt preserves what would otherwise decay. Light drives away darkness and helps others find their way.

Jesus never intended His followers to isolate themselves from the world. Instead, He sends them into the world to influence it with truth, compassion, hope, and grace.

The early Christians lived in a culture filled with idolatry, violence, injustice, and moral confusion. Yet through ordinary acts of faithfulness, they became a powerful witness to the transforming power of Christ. That same calling belongs to every believer today.

+ KEY TRUTH

We do not manufacture the light. We reflect the Light of the World.

WHAT THIS REVEALS ABOUT JESUS

Jesus is the Light of the World. He entered a world darkened by sin and revealed the love, truth, and holiness of God. Wherever Jesus went, lives were changed. The blind received sight, the broken found healing, sinners discovered forgiveness, and the hopeless encountered hope.

Now Jesus shares that mission with His followers. He does not ask us to manufacture our own light. Instead, we reflect His light into a world that desperately needs Him.

As we remain close to Christ, His character becomes visible through our words, our attitudes, our compassion, and our faithfulness. The brighter Christ shines through us, the easier it becomes for others to find Him.

A TIME TO PAUSE

Imagine someone observing your life for one ordinary week. What would that person learn about Jesus simply by watching the way you speak, work, forgive, give, and respond to pressure?

- Would they see kindness, integrity, patience, forgiveness, and generosity?
- Would they notice a peace that only Christ can give?
- Where has my light grown dim?
- Where has God uniquely placed me to shine this week?

QUESTIONS FOR REFLECTION

1. What does Jesus mean by calling believers “the salt of the earth”?

2. What causes Christians to hide or dim their light?

3. How can believers influence their communities without imitating the culture around them?

4. Where has God uniquely placed you to be a witness?

5. What is one practical way you can shine Christ’s light this week?

✦ CLOSING PRAYER

Heavenly Father, thank You for calling me to be salt and light in this world. Help me reflect the love of Christ wherever I go.

May my words, actions, and character point others toward Jesus. Use my life to bring hope into dark places and glory to Your name. In Jesus’ name. Amen.

WEEK FOUR PARTICIPANT NOTES

Living as Light

WHAT CHALLENGED OR ENCOURAGED ME

WHAT GOD IS SHOWING ME

ONE STEP OF OBEDIENCE

MY PRAYER THIS WEEK

CONTINUE THE JOURNEY

Following Jesus is a lifelong journey. Each day Christ invites us to surrender more fully, listen more carefully, serve more humbly, and shine more brightly.

This study does not end with the final page. The lessons become meaningful when they become habits—when surrender shapes our decisions, Scripture shapes our character, service shapes our relationships, and the light of Christ shapes our witness.

Do not be discouraged by slow growth. The Holy Spirit often forms faithful disciples through ordinary days of prayer, obedience, repentance, worship, and service. Keep walking. Keep listening. Keep serving. Keep shining.

◆ YOUR NEXT STEP

Follow Him daily. Listen to His Word. Serve with humility. Shine His light.

A CLOSING PRAYER FOR YOUR JOURNEY

Gracious Father,

Thank You for walking beside us through these weeks together.

Thank You for every Scripture that challenged us, every quiet moment when Your Spirit spoke, and every step of obedience You have begun within us. Continue Your work in us.

When surrender is difficult, remind us that Jesus surrendered Himself for us.

When Your Word convicts us, give us humble hearts that gladly obey.

When serving others becomes costly, help us remember that our Savior came not to be served, but to serve.

When darkness surrounds us, make us people who carry the light of Christ wherever we go.

May our homes become places of grace. May our church become a community of disciples. May our lives become living testimonies to the goodness of Jesus Christ.

When this study has long been completed, may our walk with Christ only be beginning.

Keep us faithful. Keep us humble. Keep us joyful. Keep us close to Your heart—until the day we stand in Your presence.

We pray all these things through Jesus Christ, our crucified, risen, reigning, and coming King. In Jesus' name.

Amen.

— ♦ —

Walk with Jesus.

Follow Him daily.

Trust Him completely.

Serve Him faithfully.

Love generously.

Extend grace freely.

Shine His light boldly.

— ♦ —

The journey has only begun.

ABOUT THE AUTHOR



Rev. Don Du Bois Robinson

Rev. Don Du Bois Robinson is an ordained minister, pastor, author, educator, and former award-winning journalist with nearly four decades of ministry experience. His greatest joy is helping people discover the extraordinary grace of Jesus Christ and the transforming power of God's Word. He and his wife, Rev. Dr. Lucretia Facen, are blessed with five children and nine grandchildren.

ABOUT THIS STUDY

Living as Followers of Jesus is a four-week discipleship journey designed to help believers move from admiration to faithful practice. Through biblical teaching, personal reflection, discussion questions, prayer, and weekly commitments, participants are invited to follow Jesus daily, grow through God's Word, serve with humility, and shine Christ's light in the world.

**Prepared for the Discipleship Ministry
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YOUR STORY. HIS GRACE. HIS PURPOSE. IT ALL LEADS HOME.

May Christ be seen in your life as you faithfully follow Him every day.