

What Is A Disciple?

The word disciple occurs frequently throughout the Bible and [‘discipleship’](#) is something that the Bible references often. But what does the word *disciple* actually mean? And what does it mean to be a *disciple of Jesus*?

What Is A Disciple?

Our English language Bibles were translated from manuscripts written primarily in two languages; Hebrew (in the Old Testament) and Greek (in the New Testament). The translative history of the Bible is a fascinating journey, from an academic and historical perspective, and is well worth exploring. You can [read more about the translation process here](#).

In the original language of the New Testament, the word *disciple* is translated from a Greek word, *mathētēs* (μαθητής), from *manthano*, meaning “to learn”. *Mathētēs* therefore means (unsurprisingly) *a learner, a pupil or a scholar*. More accurately though, it means to be a learner *in the style of an apprentice*, that is, someone who not only accepts the views of their teacher but is also practising the same so as to eventually become like their teacher (Matthew 10:24, Luke 6:40).

It’s a word that would have been in common use during ancient times and its meaning was applicable beyond a Christian or religious setting (ie as a disciple of Plato or Socrates). Although the word has several applications, in the widest sense it refers to those who accept the teachings of anyone, not only in belief but also in life and practice.

Who Is A Disciple Of Jesus?

When we come to the Bible, we see the word *disciple* used most

often in the context of a follower of Jesus and sometimes of John the Baptist (Matthew 27:57, Luke 14:27, Matthew 11:1, John 3:25). Throughout the gospels, it's the only name used for those who followed Jesus, and even those who had only been baptised with the baptism of John the Baptist (and hadn't received the Holy Spirit) were called disciples (Acts 19:1-4).

It would be accurate to say that a disciple of Jesus was someone who [believed the teachings of Jesus](#), who surrendered to his leadership, and who endeavoured to imitate his life.

When we move into the early history of the church (found in the book called the Acts of the Apostles), we see these disciples began to be called *Christians* (from the Greek word Χριστιανός (Christianos), meaning “follower of Christ”) (Acts 11:26).

The Acts Of The Apostles

The book of the Acts of the Apostles provides a unique glimpse into the story of the early Christians, and to a time when these disciples of Jesus took their faith and began boldly proclaiming it to the world. In Acts, we are observing the very birth of Christianity – the movement which recognised and preached a resurrected Jesus as the promised saviour and king of the world.

The Book of Acts opens with this introductory paragraph by its author, Luke, also one of the four Gospel writers and one of Jesus' 12 closest disciples:

“Dear Theophilus, in the first volume of this book I wrote on everything that Jesus began to do and teach until the day he said goodbye to the Apostles, the ones he had chosen through the Holy Spirit, and was taken up to heaven. After his death, he presented himself alive to them in many different settings over a period of forty days. In face-to-face meetings, he talked to them about thing concerning the kingdom of God.” |

Acts 1:1-4, MSG

The book's narrative describes the disciples as first-hand witnesses to the resurrected Jesus; witnesses to the astonishing truth of the Gospel message, and how they took that Good News to the world, beginning first in Jerusalem, then moving throughout Judea and eventually to the ends of the earth (Acts 1:7-8).

The interactive map below shows the power of their witness to the gospel message, demonstrating not just areas where professing Christians are the majority of the population, nor where Christianity has been declared the national religion, but also the true extent of the global spread of the gospel since the first century. It's a powerful, visual reminder of God's promise to save people "from every tribe and language and people and nation." (Revelation 5:9)

What Was The Good News?

Peter the Apostle, when making his speech to the Jews in Jerusalem after the day of Pentecost, summarised the Good News in this way:

"Jesus the Nazarene, a man thoroughly accredited by God to you – the miracles and wonders and signs that God did through him are common knowledge – this Jesus, following [the deliberate and well-thought-out plan of God](#), was betrayed by men who took the law into their own hands, and was handed over to you. And you pinned him to a cross and killed him. But God untied the death ropes and [raised him up](#). Death was no match for him...All Israel, then, know this: There's no longer room for doubt – God made him Master and Messiah, this Jesus whom you killed on a cross. Change your life. Turn to God and [be baptised](#), each of you, in the name of Jesus Christ, so your sins are forgiven. Receive the gift of the Holy Spirit. The promise is targeted to you and your

children, but also to all who are far away—whomever, in fact, our Master God invites.” | Acts 2:26-40, MSG

Peter is attesting to the validity of Jesus of Nazareth, as God’s appointed saviour and king. He is witnessing to the truth of the resurrected Jesus and the confirmation of his true identity as Son of God. And he is urging his listeners to believe this truth, to surrender their lives to Jesus and receive God’s promise of forgiveness of sins and the hope of life, even after death. In short, he is urging them to become disciples of Jesus, followers and imitators of the Christ. He is urging them to become Christians!

The number of people who heard his message and believed his words on that day was incredible! The book of Acts tells us that over 3000 people [were baptised](#). And not only that, every day their number grew as God added those who were saved. (Acts 2:47)

“That day about three thousand took him at his word, were baptised and were signed up. They committed themselves to the teaching of the apostles, [the life together](#), the common meal, and the prayers.” | Acts 2:41-42, MSG

The Teachings Of Jesus: The Gospel Of Good News

Peter was, in reality, only reconfirming the teachings of Jesus; that of the Good News of salvation for humanity and truth of the kingdom of God; God’s rightful rule and sovereignty over all the earth ([Matthew 16:27](#), [Luke 21:26-27](#), [James 2:5](#), [1 Corinthians 2:9](#), [Numbers 14:21](#), [Psalm 22:27](#), [Habakkuk 2:14](#)).

“Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people.” | Mathew 4:23, NIV

“Now after John was put in prison, Jesus came into Galilee, preaching the gospel of the kingdom of God. “The time is fulfilled,” He said, “and the kingdom of God is near. Repent and believe in the gospel!” | Mark 1:14, BSB

“The Spirit of the Sovereign LORD is upon me, for the LORD has anointed me to bring good news to the poor. He has sent me to comfort the brokenhearted and to proclaim that captives will be released and prisoners will be freed.” | Isaiah 61:1, NLT

“Go and learn what this means: ‘I desire mercy, and not sacrifice.’ For I came not to call the righteous, but sinners.” | Matthew 9:13, ESV

Now when He was asked by the Pharisees when the kingdom of God would come, He answered them and said, “The kingdom of God does not come with observation; nor will they say, ‘See here!’ or ‘See there!’ For indeed, the kingdom of God is within you.” | Luke 17:20-21, NKJV

How Do I Become A Disciple?

Becoming a Christian and becoming a disciple of Jesus Christ **is the same thing**; we just don't really use the word disciple much anymore. The basis for us to become Christians remains the same as for those in the first century, who were Jesus' followers. So what is it that makes us a *disciple of Jesus*? What is it that makes us a *Christian*?

We need to look no further than Peter's words to the people at Jerusalem (Acts 2:22-42):

- We must believe that Jesus was **God-sent and God-endorsed, as the appointed saviour and king of the world**. We acknowledge that Jesus came as one of us, [like](#)

us in every way, so that he could defeat sin and death on our behalf (1 John 4:14, Galatians 4:4, John 3:16, Hebrews 2:14-17, Romans 5:12).

- We must believe that Jesus **died for the sins of the world** and was raised to life, never to die again (1 John 2:2, John 4:42, 1 John 3:5, Acts 2:32, Acts 3:15, 1 Corinthians 6:14, Romans 8:11).
- We must be **convicted of our sin, acknowledging our need for God's forgiveness and recognising that the name of Jesus is the only name under heaven by which humanity can be saved** (Ecclesiastes 7:20, 1 John 1:9-10, Romans 3:23, James 1:15 Acts 4:12, 1 Timothy 2:5).
- We must believe in the teachings of Jesus and **surrender to his guidance and leadership in our life**, not only as an apprentice to a teacher, but as a willing subject of God's designated King. Jesus has been given all authority in heaven and earth, he has first claim on our affections, he is the motivating force in our decisions and the final judge of our soul (Matthew 28:18-20, Isaiah 9:6, Luke 1:33, Acts 10:36, 1 Corinthians 15:27, Colossians 1:27, Romans 8:10, Ephesians 3:16, Acts 10:42, John 5:22. 2 Timothy 4:8, James 1:21, 1 Peter 2:25).
- We must **follow the example of Jesus and be baptised**, as directed in Mark 16:16. Baptism is God's arrangement for a person to gain a clean conscience based on their faith in the sacrifice of Jesus Christ. We choose to end one kind of life and begin another and the way of demonstrating that choice is to be baptised 'for the repentance of our sins'. The Bible compares baptism to burial, 'dying' to our past course of life and beginning a new one as a Christian, dedicated to God and saved through Jesus (Matthew 3:15, Matthew 10:28, Acts 22:16, 1 Peter 3:21, Colossians 2:12, Mark 16:16, Matthew

28:19-20, Ephesians 4:4-6).

Written about 300 years after the birth of Christ, [the Apostles' Creed](#) summarises foundational Christian beliefs taught by the early church and is a bold declaration of our faith in Jesus Christ. It particularly affirms the teachings regarding Jesus, that of his virgin birth, his crucifixion, his death, and his subsequent resurrection; core elements of the gospel of good news. It is a primary statement of faith shared by Christians around the world, uniting them in common union with the work achieved in and through Jesus.

Not Just A Disciple Of Jesus But Family Of God

Welcome to the family! When God puts you in Jesus, He also puts you [in community](#). When you believe and are baptised, you become a disciple of Jesus – a Christian – but not only that, you also become a valued member of God's family (1 Corinthians 12:27, Galatians 4:7, Romans 8:17, Galatians 3:26, 1 John 3:1-2, Ephesians 2:18-19, Ephesians 3:14-19). Becoming a Christian means you join a great cloud of faithful witnesses to the truth of the resurrected Christ (Hebrews 12:1), as believers of the message of Good News and disciples of Christ the King.

"If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved." | [Romans 10:10, NIV](#)

<https://vimeo.com/113801439>

Toxic Faith

(Not a reader? Take a listen instead ↓)

It seems hard to believe that people who have answered Jesus' call to a life of freedom could so easily lose the sense of joy and relief they first felt. It's difficult to understand why Christians who have been made free and 'alive in Christ' would choose to return to a kind of spirituality that slowly imprisons the mind and poisons the soul. How does a message that speaks clearly of God's love – a life of salvation in Jesus by His grace – become perverted and distorted, becoming instead a culture of performance-driven expectations, demanded by an unfair and intolerant God?

"God didn't go to all the trouble of sending His Son merely to point an accusing finger, telling the world how bad it was. He came to help, to put the world right again." | John 3:17, MSG

Yet for many Christians, this is exactly where they find themselves. It may be early into their Christian journey or many years later, but somewhere along the way, their perception of Christianity becomes misshapen and their sense of peace, fulfillment, and relief dissipates.

Religious life becomes exhausting; they feel overwhelmed, emotionally drained and trapped. They may begin to judge themselves or others around them by what they do, what they wear, what they say. They become consumed by rules, preoccupied with fault and blame, and heavily focused on performance – their own or others'. Something that was meant to empower them and set them free has rendered them powerless – they are stuck, with no way forward and no way out.

The simple truth of being 'saved by grace through faith alone'

has been turned on its head, becoming 'the gospel of acceptance with God through performance'. Their simple faith in Jesus as the only source of life and acceptance with God has become toxic. Or perhaps, sadly, they never had that simple faith to begin with.

Toxic Faith

Toxic faith is a destructive and dangerous relationship with a religious system, not with God, that allows this system to control a person's life in the name of God. It is a system where another gospel is preached – not one of freedom and liberty and acceptance through grace, but one, in reality, of enslavement to rituals and rules.

Seeking God's approval on the basis of your own religious behaviour is toxic faith. Anything that adds to our standing in the eyes of God, apart from the performance of Jesus on the cross, is legalistic teaching. A true and meaningful relationship with God can never be sustained on this basis.

This deconstruction of faith is not just a problem that modern Christians struggle with. The first-century church at Galatia also dealt with this issue and the damage caused by this 'false gospel' is catalogued throughout the letter written by Paul to the Galatians.

The tone of Paul's opening words is one of incredulity at the situation in which the Galatians find themselves.

"I am astonished that you are so quickly deserting the one who called you to live in the grace of Christ and are turning to a different gospel – which is really no gospel at all." | Galatians 1:6, NIV

The Greek word used here for 'desert' means 'to defect'; and it's a defection, not from a denomination or doctrine, but from 'Him who called you by grace'. It's a severing of the

real and personal relationship a Christian has with God. And it's a distortion of the gospel Paul first preached to them, Christ's gospel, of forgiveness of sins by grace – by Jesus' performance – and not by their own. In fact, Paul says, it's really no gospel at all.

Paul takes the issue the Galatians are dealing with very seriously. When a spiritual life of grace and rest is replaced with a life of imposed works, it's a hugely serious issue.

But what was happening in Galatia for Paul to be so up-in-arms? What induced him to tackle the situation with such passion, to the point of stating the following words, not once but twice?:

*“Even if we or an angel from heaven should preach **a gospel other than the one we preached to you**, let them be **under God's curse!** As we have already said, so now I say again: If anybody is preaching to you **a gospel other than what you accepted**, let them be **under God's curse!**” | Galatians 1: 8-9, NIV*

Law Versus Grace

Paul had been converted from a life steeped in [religious tradition](#) and law, a life that gave him privilege, prestige, and power. He had used that power to persecute the church of God, systematically destroying it, until one day He was confronted by the risen Jesus, and a message that was radically different to everything he thought he knew.

Paul learned that God was not an impersonal force to be used to make people behave in certain prescribed ways, but a personal saviour offering life and freedom through the saving work of Jesus. Paul discovered that right standing with God was not to be achieved through law-keeping – and, in fact, was impossible to be achieved this way – but by personal belief in God's promises.

Paul learned of the **true gospel** – that of being ‘saved by grace through faith alone and not by works, lest any man should boast’ (Ephesians 2:8-9).

This is the gospel that He originally preached to the Galatians and which they had gladly received. Yet, it is with dismay that he hears that religious leaders of the old school had come into the church, reintroducing old ways, law-keeping, and an abundance of religious rules and regulations. One of these religious rules was the rite of circumcision, which they were insisting Christians should undertake. Circumcision, in that time, was the ultimate act of external religious performance, and was being promoted as added ‘proof of spirituality’.

‘Yes’, they would have said *‘faith in Jesus is important and you absolutely must have it. But it’s **not enough**. In order to find positive standing with God, you must also be circumcised’*.

In other words, there was a group in Galatia propounding the idea that right standing with God depends on what Jesus did **plus** additional ‘spiritual acts’ that are undertaken. This is completely in opposition to the message of the cross, that salvation comes through Jesus’ performance, not our own:

“For Christ did not send me to baptise but to preach the gospel, and not with words of eloquent wisdom, lest the cross of Christ be emptied of its power. For the word of the cross is folly to those who are perishing, but to us who are being saved it is the power of God.” | 1 Corinthians 1:17-18, ESV

“He himself bore our sins” in his body on the cross, so that we might die to sins and live for righteousness; “by his wounds you have been healed.” | 1 Peter 2:24, NIV

This ‘different gospel’ was a serious perversion of God’s gift

of grace and a not-so-subtle manipulation of the relationship between the individual and God. No wonder Paul was furious.

“Is it not clear to you that to go back to that old rule-keeping, peer-pleasing religion would be an abandonment of everything personal and free in my relationship with God? I refuse to do that, to repudiate God’s grace. If a living relationship with God could come by rule-keeping, then Christ died unnecessarily.” | Galatians 2:21, MSG

The Collision Of Grace And Spiritual Performance

The word of God is living and active, and, like a powerful sword, it cuts right through [to the heart](#), judging the thoughts and purposes contained therein. It can be used as an instrument of grace, by reminding us of God’s love and showing us how to bring order and purpose to our lives.

In the wrong hands, however, or wrongfully used, the word of God can be used in ungraceful ways, as a means of shaming others into performing someone else’s agenda, in the name of God. In the hands of performance-based people, it can be used as a weapon in order to pressure people into acting differently or to get rid of them if they do not. It can be used to lay burdens on men ‘too difficult to bear’.

“Woe to you experts in religious law as well! You load people down with burdens difficult to bear, yet you yourselves refuse to touch the burdens with even one of your fingers!” | Jesus, Luke 11:46, NET Bible

The appearance of Jesus on the Jewish scene was a dramatic collision between grace and spiritual performance. The conflicts the Pharisees initiated with Jesus were usually over minor issues such as fasting (Mark 2:18), sabbath keeping (Mark 2:24), eating with ‘unclean’ people (Mark 9:11), or

attitudes towards civic duties, like paying taxes (Matthew 9:11) – all performance-driven markers of supposed spirituality.

The Pharisees ‘majored on minors’ because precise details of religious life were their passion, but in doing so, they were actually inverting spiritual values. They made uncompromising stands on matters of no particular spiritual importance, while issues of greatest significance were minimised.

Jesus called them out on their hypocrisy in the gospel of Matthew, where he says:

“Woe to you, teachers of the law and Pharisees, you hypocrites! You give a tenth of your spices – mint, dill and cumin. But you have neglected the more important matters of the law – justice, mercy and faithfulness. You should have practiced the latter, without neglecting the former. You blind guides! You strain out a gnat but swallow a camel.” | Matthew 23:24, NIV

Jesus, in contrast, set out the essential way that a person finds [right standing with God](#):

“I am the way, the truth, and the life. No one comes to the Father except through Me.” | John 14:6, BSB

“I am the gate. If anyone enters through Me, he will be saved. He will come in and go out and find pasture.” | John 10:9, NIV

“Jesus said to her, “I am the resurrection and the life. He who believes in Me will live, even though he dies.” | John 11:25, NIV

“And there is salvation in no one else, for there is no other name under heaven given among men by which we must be [saved](#).”

Jesus is the only way to find right standing with God. The name of Jesus is the only means by which humanity can be saved. Jesus' performance, not our own, is what secures this extraordinary gift of grace.

Christians must not be drawn to extremes in a misguided zeal for religious purity but pay attention to the essentials that Jesus so patiently explained. We must be on guard to avoid systems that employ the use of 'formulas' and 'doctrines' to press good people of faith into conformity with a system instead of conformity to Christ. Particularly, we must be on the lookout for cultures that promote or enable power posturing, performance preoccupation, unspoken rules, and a lack of balance.

"God's steward, an overseer (leader) must be above reproach – not self-absorbed, not quick-tempered, not given to drunkenness, not violent, not greedy for money. Instead, he must be hospitable, a lover of good, self-controlled, upright, holy, and disciplined. He must hold firmly to the trustworthy message as it was taught, so that by sound teaching he will be able to encourage others and refute those who contradict this message. For many are rebellious and full of empty talk and deception, especially those of the circumcision, who must be silenced." | Titus 17-10

*"Leaders are given to the church to protect the flock from legalists, who push religious performance as the means of right standing or favour with God. In Paul's letter to Titus, he says that the rebellious men **must be silenced**. Unfortunately, in many churches, not only are the leaders not protecting the flock against those who push religious performance, they are the pushers and in bondage to performance themselves." | Johnson & VanVonderen*

Jesus had no interest in setting up rigid religious and social guidelines for his followers. He chose instead to major on the significant agendas of the kingdom of God. Paul confirms Jesus' way of living in his final words to the Galatians:

"For my part, I am going to boast about nothing but the cross of our Master, Jesus Christ. Because of that cross, I have been crucified in relation to the world, set free from the stifling atmosphere of pleasing others and fitting into the little patterns that they dictate. Can't you see the central issue in all this? It is not what you and I do – submit to circumcision, reject circumcision. It is what God is doing, and He is creating something totally new, a free life! All who walk by this standard are the true Israel of God – His chosen people. Peace and mercy on them!" | Galatians 6:14-16, MSG

"Then you will know the truth, and the truth will set you free." | John 8:32, NIV

Toxic: 'Mid 17th century: from medieval Latin toxicus 'poisoned', from Latin toxicum 'poison', from Greek toxikon (pharmakon) '(poison for) arrows', from toxon 'bow'. (Oxford Dictionary). 'Containing or being poisonous material especially when capable of causing death or serious debilitation' (Merriam-Webster Dictionary). **Faith:** 'Great trust or confidence in something or someone.' (Cambridge Dictionary)