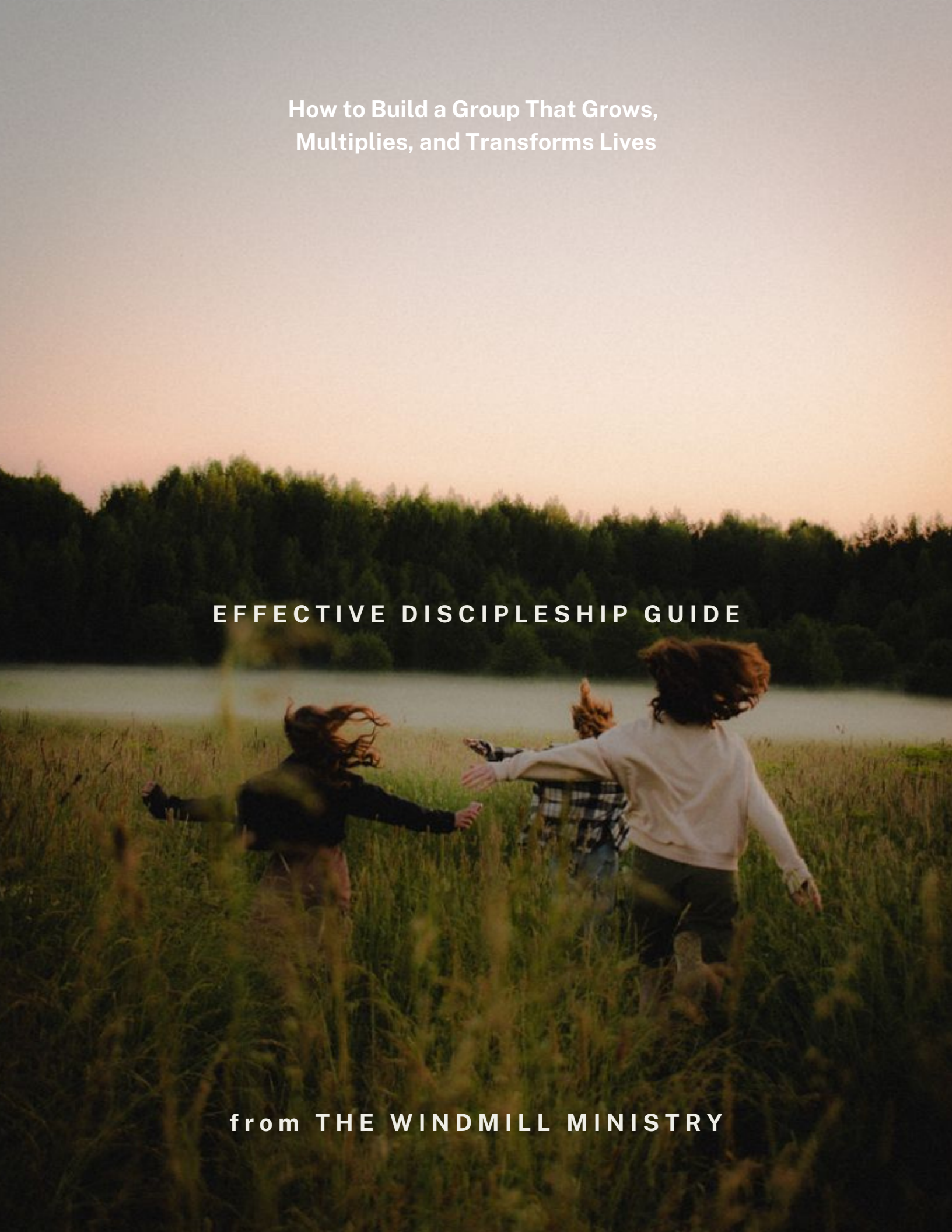


A photograph of three people running through a field of tall grass at sunset. The people are seen from behind, with their arms outstretched, running towards a body of water and a line of trees in the distance. The sky is a warm, hazy orange, and the water reflects the light. The overall mood is one of freedom and joy.

How to Build a Group That Grows,
Multiplies, and Transforms Lives

EFFECTIVE DISCIPLESHIP GUIDE

from THE WINDMILL MINISTRY



WELCOME

When Jesus walked the earth, He didn't build crowds, He built people. His focus was on relationships that led to transformation. He invested in a small group, teaching them to love God, live in truth, and walk in power. From that handful of disciples, the world was changed.

That same invitation still stands today.

Discipleship is not a program, it's a way of life. It happens when believers choose to walk closely with Jesus and with one another. True discipleship is simple but not easy. It requires time, consistency, humility, and a willingness to grow together.

When we open our homes, share our lives, and make space for honesty, the Holy Spirit moves powerfully. People experience breakthrough, healing, and freedom that Sunday gatherings alone can't always produce. The fruit of discipleship shows up in everyday faith, in how we love our families, handle conflict, and live on mission. It's not about checking boxes; it's about becoming more like Jesus.

This guide was created to help you take that step. Inside, you'll find practical tools and biblical principles for leading a group centered on Jesus — one that helps people grow in freedom, maturity, and multiplication.

You'll discover:

- Who should be in your group and how to discern those relationships
- How to lead your group with focus and purpose
- Why discipleship is essential to personal growth and Kingdom impact

Our prayer is that this resource equips you to build something that multiplies beyond yourself. As you commit to making disciples, you'll see God do more through a small, faithful group than you could ever imagine on your own.

With love and hope,

Andre & Rachel Hudson

Founders of The Windmill Ministry

A photograph of three young men laughing and looking at a smartphone on a city street. The man on the left wears a grey hoodie, a blue cap, and sunglasses. The man in the center wears a black beanie and a black jacket with white stripes. The man on the right wears a green cap and a pink hoodie. They are standing in front of a brick building with a sign that says "LIVE MUSIC 220-1103".

STEP ONE
The Who

STEP ONE: WHO SHOULD BE IN YOUR GROUP

Pray. Listen. Obey.

Before Jesus called His disciples, He spent the entire night in prayer (Luke 6:12–13). He didn't choose people based on convenience or comfort but He listened to the Father. The same is true for you.

Don't start by making a list of who's available. Ask the Holy Spirit who He's highlighting. Discipleship doesn't work when it's forced or built around perfect schedules. It grows where there's real hunger for God and a willingness to walk in truth together.

Your group doesn't need to be big. Jesus worked with twelve, and He often zeroed in on three. Keep it small enough that people can actually go deep and be vulnerable.

INSTRUCTION

- **Pray first.** Ask the Lord who He's calling you to disciple. Don't rush it. Wait for peace before you invite anyone.
- **Keep it small.** Three to six people is the sweet spot.
- **Stay gender-specific.** It creates safety and allows for real openness.
- **Protect confidentiality.** What's shared in the group stays in the group—period.
- **Commit to consistency.** Meet weekly for about 2 hours.
- **Encourage prayerful commitment.** Don't pressure anyone. Invite them to pray about it before they say yes.

As you form your group, remember: you're not choosing based on who's likable or who has it together. You're saying yes to the people God has entrusted to you. Variety in walks of life often strengthens your group—different backgrounds and experiences bring richness that creates deeper learning and more authentic transformation.

REFLECTION

- Who has God been bringing to my attention lately?
- What qualities actually matter most in the people I'm discipling?
- Am I ready to lead with patience, grace, and consistency?

ENCOURAGEMENT

You don't need to have it all figured out. You just need to be faithful. Jesus didn't go looking for the most qualified, He looked for the willing. Ask God for discernment, trust His timing, and get ready to pour into the people He brings your way.

STEP TWO
The How

STEP TWO: HOW TO LEAD YOUR GROUP

Keep it simple. Keep it Spirit-led.

Effective discipleship isn't about having the perfect structure—it's about finding a rhythm. When people know what to expect and there's clear focus, they grow together in unity and accountability.

Every meeting should center around three simple questions:

How was your time in the Word this week?

How was your time in prayer?

How are your relationships doing? (Marriage, family, coworkers, friendships)

These three areas—**Word**, **Prayer**, and **Relationships**—build a strong foundation. They keep your group focused on both spiritual health and the reality of everyday life.

INSTRUCTIONS

- **Start with prayer.** Invite the Holy Spirit to lead your time together.
- **Use the three questions.** Let each person share honestly about their week. Don't rush through it.
- **Encourage real accountability.** Celebrate wins. Confess struggles. Pray for breakthrough.
- **Share testimonies.** Talk about what God is doing when you actually obey Him.
- **End with prayer.** Pray over each other and set simple, specific goals for the week ahead.

Every 6-8 weeks, revisit the **Spiritual Blindspots Checklist** to help people recognize areas that need growth or freedom. You don't have to share the results with the group.

After three months, start serving together. Partner with a local outreach. Pray for people in public. Help at your church. Service builds unity and activates what you've been learning.

REFLECTION

- Which of the three focus areas (Word, Prayer, Relationships) am I strongest in? Which one needs more attention?
- How can I create space for real honesty and encouragement during our meetings?
- What's one practical way our group can serve others this month?

ENCOURAGEMENT

You don't need to be a Bible scholar or a great teacher—you just need to be consistent. God will do the heavy lifting when you show up faithfully. Keep your meetings simple, keep them centered on Jesus, and expect the Holy Spirit to move every time you gather.

SPIRITUAL BLINDSPOTS CHECKLIST

Spend a moment in prayer before going through this checklist and ask the Holy Spirit to reveal any blind spots in your life. Underline anything on this list that the Spirit reveals and pray about what to do next.

FEAR	PRIDE	SEXUAL SIN	REJECTION
Fear of failure, abandonment, authority, loss, rejection, dying	Anger, arrogance, boasting, conceit, control	Adultery, fornication, promiscuity, seduction	Insecurity, inferiority, low self-esteem, self-accusation
Timidity, shyness or inferiority, fear of disappointing others	Contention, cursing, defiance, destruction, disobedience, domination	Sexual impurity, pornography, perversion, masturbation, lust, fantasy	Pride, vanity, ego, perfectionism, obsessive compulsive behavior,
People-pleasing, fear of the future,	Ego, fear, lying, manipulation, mockery, perfection, rage, rebellion	Homosexuality, lesbianism, same sex attraction, incest, sodomy	Depression, isolation hopelessness, suicidal thoughts, escapism
Phobias or paranoia, fear of man, dread, worry, anxiety, panic attacks	Self-exaltation, self-promotion, self-righteous	Rape, incest, sexual violence, bestiality, necrophilia	Guilt, shame, confusion
Nightmares or recurring terror, bed-wetting	Unwilling to admit wrongs/faults or change	Orgies, swinging, prostitution, sex industry	Hypersensitivity, easily hurt or offended

REBELLION	SLUMBER	JEALOUSY	UNFORGIVENESS
Stubbornness, anti-submissiveness, unteachable, idolatry	Constant fatigue, lethargy, lack of focus	Feeling less loved by God than others are	Anger, rage, hatred, murder, temper, cursing
Selfishness, self-centered, self-delusion, self-deception, narcissistic	Procrastination, chronic tardiness	Not happy when others are blessed and happy	Vengeful, violence, abuse, sadism, cruelty
Witchcraft, sorcery, divination, intimidation, control, manipulation	Passionless, chronic apathy	Hate, revenge, retaliation, rage, cruelty, mean-spirited	Bitterness, judgmental towards others
Control, possessiveness, domination, bitterness	Consistent quitting, lack of organization	Hard-heartedness, mockery, thinking others are unworthy your respect	Irritability, anger towards men or women, anger towards father or mother
Strife, fighting, arguing, bickering, quarreling	Isolated, withdrawn, satisfied being alone and without	Hyper-competitive, insecurity, self-centered	Anger towards authority, anger towards God

SPIRITUAL BLINDSPOTS CHECKLIST: PART 2

Spend a moment in prayer before going through this checklist and ask the Holy Spirit to reveal any blind spots in your life. Underline anything on this list that the Spirit reveals and pray about what to do next.

ERROR	DIVINATION	ANTI-CHRIST	BONDAGE
Deception, cults, false teachers, false prophets	Witchcraft, mysticism, channeling, fortune tellers	Attacking/denying the deity of Christ, religious spirit	Nicotine, alcohol, food, money, drugs, various pleasures
Racism, prejudice, judgmental spirit	Palm reading, tarot cards, crystal balls, Ouija boards, voodoo, sorcery	Persecution or harassment of Christians, controlling behavior	Sex/Pornography, fantasizing, romance novels
Irresponsibility, immaturity, inappropriate thinking	Astrology, horoscopes, New Age, yoga, the occult	Opposing God's word, Pharisee spirit, Atheism	Social media, cell phone, internet, TV, video games
Confusion, consistently making bad decisions	Dark video games/books Dungeons & Dragons, Magic 8, etc.	Divisive, attempts to replace or devalue Jesus	Soul ties from sexual relations or intimidation
Evil heart of unbelief	Calling on spirits other than God, Satan worship	Worship of a false Jesus	Workaholic, hoarding

DEAF AND MUTE	PERVERSION	LYING
Convulsions, seizures, epilepsy, autism	Sexual perversion, adultery, fornication, etc.	Lies, deception, self-deception, secretiveness
Insanity, OCD, schizophrenia, sleeping disorders	Financial perversion, gambling, cheating, bribes, robbery	Exaggeration, flattery, excessive talking
Mental illness, bipolar, nervous breakdown, mental instability	Religious perversion, idolatry, worshipping idols, ancestral worship	Hiding purchases, activities or relationships
Deafness, chronic ear pain/ringing in ears	Familial perversion, lack of leadership, domination, violation or neglect of God's family order	Religious performance, hypocrisy, manipulation
Disease of the eyes, ears	Perverse speech, curses, vexes, spells, slander	Theft, trickery, betrayal, emotional affairs, adultery

A group of people in a dark setting, possibly a church or a community gathering. In the foreground, a man wearing a black cap and a black t-shirt is seen from the back, with his arms around another person. The person being embraced has a beaded bracelet on their wrist. The background is dark, with some other people visible, including a woman on the left. The overall mood is intimate and supportive.

STEP THREE
The Why

STEP THREE: WHY THIS IS IMPORTANT

Growth. Multiplication. Kingdom Impact.

Jesus' command was clear: "Go and make disciples." (Matthew 28:19)

He didn't ask us to build audiences — He called us to build people who multiply. Discipleship is how the Kingdom expands. It's how freedom becomes a lifestyle, not just a moment.

When you lead a group like this, you're creating space for transformation. You're helping others develop spiritual habits, deepen relationships, and discover their calling. Over time, these small groups become multiplying movements of freedom and faith.

Discipleship groups become the backbone of a healthy church culture. They provide safety, accountability, and personal connection in a way that large gatherings can't. When people find belonging, they grow stronger. When they grow stronger, they begin to lead others. The ripple effect is powerful. One faithful group can multiply into many and impact countless lives.

This process isn't just about growth—it's about obedience. When we take seriously Jesus' call to make disciples, we align ourselves with His mission and heart for the world.

INSTRUCTIONS

- **Set clear goals.** Growth, accountability, and multiplication.
- **Commit to a season.** Aim for 8 to 12 months of consistency.
- **Prepare to release.** Each member should eventually lead a group of their own.
- **Use a calendar.** Plan your meeting schedule and serving opportunities ahead of time.
- **Celebrate milestones.** Mark moments of growth and breakthrough together.

The goal of discipleship is multiplication. As your group matures, pray about who God is calling each member to disciple next. Encourage them to take what they've received and pass it on.

REFLECTION

- How have I grown since I started this process?
- What does multiplication look like in my context?
- Who could I begin investing in next?

ENCOURAGEMENT

This isn't just about leading a small group. It's about building the Church. Every disciple you raise up carries the potential to reach dozens more. Stay faithful, stay humble, and keep your eyes on Jesus. What starts small can change entire families, communities, and generations.



Go & Make Disciples

You don't need a title or position to make disciples. You just need a heart that says yes.

Discipleship takes time, consistency, and love. But it's one of the most rewarding things you'll ever do. As you walk with others in truth, prayer, and relationship, you'll watch God transform lives, including your own.

The goal of discipleship isn't perfection, it's multiplication. As you invest in a few, they'll invest in others, and the Kingdom will keep growing.

Discipleship creates legacy. The conversations you start today can impact families, cities, and generations long after you're gone. Every time you choose to show up, pray with someone, or share a meal in faith, you're building something eternal. You may not see the results right away, but the seeds you plant will bear fruit in time.

Don't underestimate what God can do through your obedience. He still uses ordinary people to build His Church and expand His Kingdom. Stay humble, stay faithful, and keep your eyes on Jesus, the true model of discipleship.

"Go therefore and make disciples of all nations..." (Matthew 28:19)

Keep showing up. Keep praying. Keep building. You're part of something eternal.

With love and expectancy,

Andre & Rachel Hudson

Founders of The Windmill Ministry

Equip the Saints.
Transform Lives.
Advance the Kingdom.

THE WINDMILL MINISTRY